



# THE PORTUGAL News

Portugal's **National** Newspaper in English

10 July 2010 • Edition N° 1069 • €1.50 inc. IVA • Publisher: Paul Allen-Luckman • Editor: Brendan de Beer • www.theportugalnews.com

## PUZZLE PAGE

on P. 34 - Sudoku  
Prize Crossword  
Spot the Difference  
Codeword  
Word Search

### Gang conflicts cause panic on Estoril beach

Patrons in a café on Estoril's beach were forced to take cover under their tables after a fight broke out last weekend between two groups of youths causing widespread panic along the beach and boardwalk. (See Page 4)

### Majority of Portuguese do not use Internet

More than half of the Portuguese population do not use the Internet, either through lack of interest or ignorance, while the majority of 'Net Surfers' are aged between 15 and 34. (See Page 7)

### Crisis takes its toll during mini June 'stay-cations'

In comparison to 2009, this year there were fewer Portuguese checking into Algarvean hotels to spend their June mini-break; two and three star hotels were the worst hit by the slump in national visitors to the region. (See Page 9)

### Dust from Northern Africa sweeps across Portugal

Following Tuesday night's freak thunder and lightning storm, heavy rain and strong winds, which some described as a 'mini-hurricane', vehicle owners across the Algarve were astonished to wake up and find their vehicles covered in a sand-like dust. (See Page 15)

### The world's most expensive baby?

When Cristiano Ronaldo announced last weekend on his Facebook and Twitter pages that he had recently fathered a child he surely must have realised the immense speculation it would trigger around the world. (See Page 64)

### Weekend weather

**Lisbon:** Summer will continue this weekend in the capital, with blue skies, and temperatures forecast to reach the early 30s.  
**Faro:** The south of the country will be the warmest this week, with thermometers set to hit the mid-30s in the Algarve, and bordering on the 40-degree mark in the Alentejo.  
**North:** Temperatures will be in the region of 30° Celsius and blue skies are forecast.

**10 page  
weekly  
PROPERTY  
supplement**

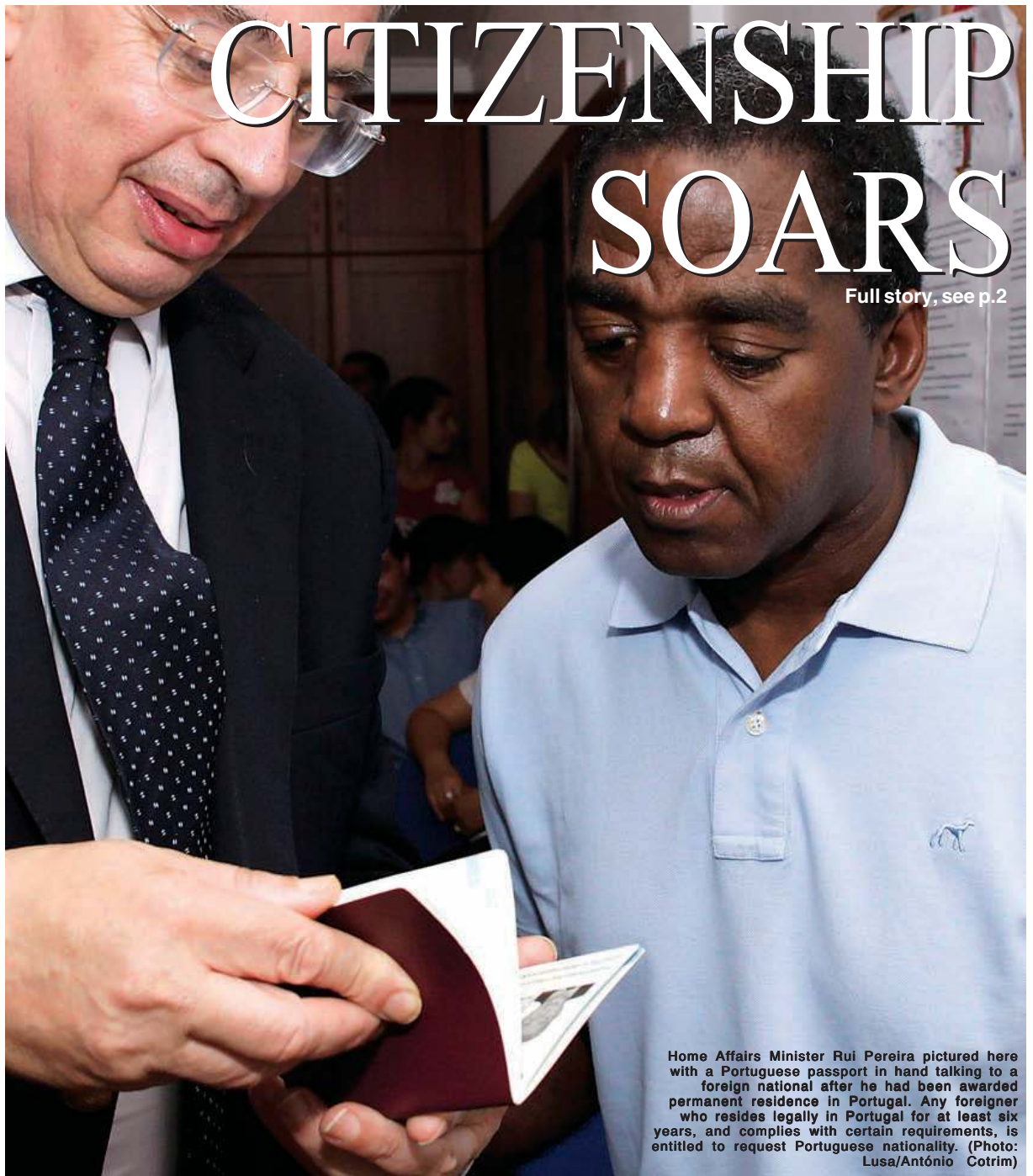
**Home  
Insurance**  
underwritten  
by Lloyds of  
London  
see p.26

**READER OFFER:**  
Special Health  
Insurance  
see  
page 16

**directory  
enquiries  
in English**  
**760 50 60 70**



## Acquisition of Portuguese citizenship rises four-fold in the space of just two years to second highest figure in the EU



Full story, see p.2

Home Affairs Minister Rui Pereira pictured here with a Portuguese passport in hand talking to a foreign national after he had been awarded permanent residence in Portugal. Any foreigner who resides legally in Portugal for at least six years, and complies with certain requirements, is entitled to request Portuguese nationality. (Photo: Lusa/António Cotrim)



THE PORTUGAL  
News



ANGLOPRESS  
Edições e  
Publicidade, Lda

Copyright ©2005 Anglo Press Lda and The News Group of Newspapers Inc. • The Portugal News is owned and published by: The News Group of Newspapers Inc. • Depósito Legal Nº 80258/94

Contacts

**Postal Address:** Apt 13 • 8401-901 • Lagoa  
**Courier:** Rua Município de S. Domingos • Urb. Lagoa Sol • Lote 3 r/c • 8400-415 Lagoa  
**Tel:** 707 500 655 (+351 282 341 100)  
**Newsdesk:** 707 500 655 (+351 282 380 313)  
**Sales:** 707 500 677 (+351 282 380 310)  
**Classified:** 707 500 646 (+351 282 380 315)  
**Fax:** Gen 707 941 201 (+351 282 341 201)  
**Fax:** Sales: 707 942 053 (+351 282 352 053)  
**Email:** info@theportugalnews.com  
sales@theportugalnews.com  
**Web:** www.theportugalnews.com

Print & Distribution

**Printers:** MIRANDELA Gráfica, Lisbon  
**Tiragem:** 20,961 copies this week  
**Distributors:** VASP  
**Member of:** apct audited circulation

Production

**Publisher:** Paul Luckman • publisher@theportugalnews.com  
**Editor:** Brendan de Beer • newsdesk@theportugalnews.com  
**Production:** Madeline Luckman • copy@theportugalnews.com  
**Journalists:** Carrie-Marie Bratley • Tommy Broad  
**Classifieds:** Rebecca Andrade  
**Paws & Claws:** Raquel Salbany  
**Travel:** Sherry Hughes  
**Photos:** LUSA • Press Association • Portugal News

Sales Team

**Bella Sales Manager:** 914 393 736 • 707 500 677 (all areas except the following)  
**Marilyn Holmes Area Rep:** 914 863 604 Alcantarilha to Aljezur  
**Tom Chapman Area Rep:** 912 583 188 Loulé to Ayamonte  
**Debbie Santos Area Rep:** 919 421 869 Armação de Pêra to Quarteira  
**Angela Bell Area Rep:** 938 344 920 Portimão to Messines

www.theportugalnews.com

News ONLINE click on these icons at  
www.theportugalnews.com



add YOUR event  
or see what's on



**TRAVEL PAGE**  
Airline links,  
Travel news, Live  
arrival and  
departures,  
On-line tickets.



**HISTORY PAGES**  
Turn back the  
clock and see  
what the Al-  
garve was like  
20-30 years ago.



**PROPERTY SEARCH**  
Hundreds of  
properties to see,  
classified by Price  
Range.



FAN PAGE



Support

**Accounts:** Gaby Rodrigues  
**Subscriptions:** Samantha Hoather

Subscriptions

52 editions of *The Portugal News*, cost €67.50 (Portugal), €135 (Europe) or €210 (World Airmail). Send your name and address plus cheque or credit card details to Apt 13, 8401-901 Lagoa or email sam@theportugalnews.com. Queries, please call 707 500 655.

Newsletters

To subscribe to our free weekly newsletters, sent by email every Friday please email Becky@theportugalnews.com

Disclaimer

Although we do everything possible to ensure the integrity and suitability of advertisements in *The Portugal News*, ANGLOPRESS Edições e Publicidade Lda, *The Portugal News*, its employees or representatives cannot accept any responsibility for claims made by advertisers in their publicity, and cannot become involved in any disputes or litigation, howsoever arising.

# Citizenship soars



Portugal has this week emerged as an unlikely haven for foreigners to acquire citizenship. Figures published this week have indicated that granting of Portuguese citizenship has more than quadrupled in the space of just two years. Overall, Portugal was second only to Sweden in the number of foreigners per thousand inhabitants to whom it granted Portuguese nationality in 2008.

European statistical agency Eurostat has revealed that 22,410 Portuguese passports were handed over to foreigners in 2008, translating into an average of 51 acquisitions per 1,000 inhabitants, three fewer than the figure reached in Sweden.

The EU average was 23 citizenships granted per 1,000 resident foreigners. The states least likely to hand a foreigner a passport were the Czech Republic (3), Ireland and Luxembourg (both 6).

Back in 2006, the year Portugal introduced the so-called Law of Nationality, only 4,447 foreigners were handed Portuguese passports.

Cape Verde (6,013) representing 26.8% of the total, Brazil (4,080 or 18.2%) and Guinea-Bissau (2,754 or 12.3%) were the most common countries of origin of people who acquired Portuguese nationality in 2008.

According to Eurostat, 98 percent of applicants granted Portu-

guese citizenship came from non-EU countries.

At a European level, a total 696,000 persons acquired citizenship in one of the EU's 27 member states. This figure is nonetheless down on the 707,000 reported in 2007. The new citizens in 2008 came mainly from Africa (29% of the total number of citizenships acquired), non-EU27 Europe (22%), Asia (19%) and North and South America (17%). Citizens of one EU member state who acquired citizenship in another member state accounted for 8% of the total.

In 2008, in terms of totals, the highest number of citizenships were granted by France (137,000 persons), the United Kingdom (129,000) and Germany (94,000), which together accounted for over 50% of all citizenships granted by the EU member states.

The largest groups that acquired citizenship of a member state were citizens of Morocco

(64,000 persons), Turkey (50,000), Ecuador (27,000), Algeria (23,000) and Iraq (20,000). France granted 45% of all the citizenships acquired in the EU by Moroccans, Germany 49% of those acquired by Turks, Spain 93% of those acquired by Ecuadorians, France 88% of those acquired by Algerians and the United Kingdom 44% of those acquired by Iraqis.

Speaking following the release of these figures, the coordinator of the National Commission for the Legalisation of Immigrants explained that while Portugal is amongst the leaders in granting citizenship to foreigners, it remains a time-consuming process.

"An answer should be given within 77 days, but the average waiting time is between ten and 12 months and there are people who are still waiting three years later", Vera Silva was quoted as telling *Jornal de Notícias* this week.

Despite these stumbling blocks, the acquisition of Portuguese nationality has been considerably simplified with the introduction of the Law of Nationality.

Prior to its implementation, an Indian woman, fluent in Portuguese and whose children were born here was denied citizenship in 2006 on the basis that she did not know the words of the national anthem.

Since the revision of the law, only the following pre-requisites need to be fulfilled in order to apply for citizenship; that applicants are adults or emancipated under Portuguese law; that they have resided in Portugal or territories under its administration for at least six years; that they have sufficient knowledge of the Portuguese language; that they are morally and civilly suitable and that they possess the ability to look after themselves and are able to ensure their subsistence.



Sporadic disruption was caused to commuters travelling into the capital on Thursday morning after a strike by Portuguese rail workers. (Photo: Lusa/Miguel A. Lopes)

## Eurostat revises first quarter of GDP growth upwards to 1.1%

Portugal's GDP quarterly growth for the first quarter of 2010 was revised upwards from 1% to 1.1% on Wednesday by Eurostat, the European Union statistics agency.

The overall figure for the European Union and for the Eurozone in Q1 was 0.2%.

Portugal's 1.1% GDP growth rate is the third highest among the 27 members of the EU for Q1, after Ireland (2.7%) and Sweden (1.4%).

Portugal's statistics agency (INE) had itself revised the figure to 1.1% in June.

The year-on-year growth rate of Portugal's GDP in the first quarter was 1.8%. TPN/Lusa

## Nation needs 170,000 new jobs to overcome crisis in labour market – OECD

The Portuguese economy needs to create 170,000 jobs before 2012 to overcome the impact of the financial crisis on the labour market, according to an Organisation for Economic Co-operation and Development (OECD) report released on Wednesday.

That figure is equivalent to a

4% increase in employment in the next 18 months – a higher rate than what OECD estimates will be necessary for the 16-nation Eurozone (3.1%).

The report further states that, in the whole of OECD (a 31 nation club), 17.8 million jobs will have to be created to return to pre-2007 levels. TPN/Lusa



## **GASTRONOMIA** **ALLGARVE** **GOURMET**

16 A 24 JULHO | 16 TO 24 JULY  
Museu de Portimão • Portimão  
[www.allgarve.pt](http://www.allgarve.pt)

# ALLGARVE'10

## EXPERIÊNCIAS QUE MARCAM

### **GASTRONOMIA**

A PARTIR DE 11 JULHO | SINCE 11 JULY  
**CATAPLANA EXPERIENCE**  
Concurso de Restaurantes  
• Algarve

### **GASTRONOMIA**

10 A 15 AGOSTO | 10 TO 15 AUGUST  
**ALLGARVE GOURMET**  
Festival do Marisco  
• Olhão

### **GASTRONOMIA**

1 A 5 SETEMBRO | 1 TO 5 SEPTEMBER  
**CATAPLANA EXPERIENCE**  
Marina - Vilamoura  
• Loulé



TURISMO DE PORTUGAL  **algarve**



# Gang conflicts cause panic on Estoril beach



Maritime police patrol the Tamariz beach after the panic on July 4th. (Photo: Lusa / António Cotrim)

"emergency measures, to be implemented, and further suggests that the Minister for Economy and the State Secretary for Tourism join him".

The Town Hall has attributed responsibility for the events to "the Government's negligence in terms of security" saying that the situation is further hindering "quality tourism, which is key to the county's economic activities".

"Despite contradicting affirmations from PSP chiefs, both national and at a district level, [the truth of the matter is] Cascais' PSP, at present, can count on just four motorised offices whose mission it is to watch the beaches and boardwalk", the statement read.

In the Town Hall's opinion, "four motorised units can not carry out a preventative or repressive action" on a stretch of coastline that has 15 beaches.

Meanwhile, political party CDS-PP has demanded urgent action from the Minister of such incidents that have been plaguing the metropolitan area of Lisbon in recent weeks.

In recent developments, reinforcement in policing has been approved along Cascais' rail line and on its beaches, something that Cascais Mayor António Capucho has this week voiced his satisfaction about.

Reinforcements were made by the PSP to ensure there is always a police officer within reach of the general public, to be "always close to citizens, particularly in places where there are more people".

During the week two special units each comprising 10 officers will patrol the *Passeio Marítimo* boardwalk, train line and Cascais beaches, with these being increased over the weekend, to two groups of 20 officers, including specialised and riot police.

Patrons in a café on Estoril's beach were forced to take cover under their tables after a fight broke out last weekend between two groups of youths, believed to be from rival gangs, causing widespread panic along the beach and boardwalk.

groups of people, who left a trail of disturbances, robberies, stabbings, and even several firearm shots", in their wake, implying it was "imperative" for the PSP to seriously reinforce the presence of officers in that area".

Cascais Town Hall has deemed it "essential" for the Minister of Home Affairs to "immediately come to Cascais, to meet with the national PSP directors, local forces, including the Maritime Police, and the Town Hall", to analyse the situation and draw up

Cascais Municipal Police (PM) confirmed that the confrontation flared up on Sunday morning, on Estoril's Tamariz beach (near Cascais) and reignited again later that afternoon, at around 15h00.

Police described the latter scenario as "a sort of re-grouping of the gangs for revenge", during which one person was injured with a weapon.

During the morning's clash members of the gangs fired warning shots, the PM confirmed, adding that members of the PSP police were dispatched to the scene and that by 18h30 everything had returned to normal.

A statement issued by Cascais Town Hall regarding the incident also stated that it was caused by gangs who were 'apparently from outside the county', and that the clash had caused tourists to flee the area, as well as the temporary closure of spaces specially designated for summer activities.

The Town Hall further stressed that over the past few days a series of "very serious" incidents had also occurred on the Cascais train line and beaches, carried out by "large



## VIPCHAUFFEURS

ALGARVE

# Airport Transfers to / from Faro

Vale do Lobo 30 €   Albufeira 40 €   Carvoeiro 50 €   Lagos 70 €

**Tel.: 00351 914 479 300**

Dedicated vehicles .... no sharing!

[bookings@vipchauffeurs-algarve.com](mailto:bookings@vipchauffeurs-algarve.com)

## Welcome to a world... of High Security

We guarantee a faster and more effective intervention through voice and image recording

verisure



- The Fast Alarm Kit includes:**
- 1 Door and Window Opening Magnetic Detector
  - 1 Tag Reader
  - 1 Control Panel
  - 2 Fotovolumetric Detectors
  - 2 Tags



**Avoid Home Jacking TODAY! Install your Alarm System and get...**

**200€\* of discount**

\* Official Kit Price - 699€ Price after discount - 499€; Monthly Fee from 24€ VAT not included; Offer available after Alarm System installation.

**Remote Control FOR FREE!**

- to activate and deactivate your Alarm
- to check the status of the Alarm
- to send S.O.S. signals in case of emergency



Get more information by  
calling our support line:

**707 500 118**

License SP 138C - 006

# Algarve Blessing



All Saint's Anglican Church can arrange your Wedding or Marriage Blessing in a superb, if not idyllic setting. We also have special arrangements with a Wedding Planner who can offer superb locations for your Wedding or Blessing Ceremony and celebration, which include a beach setting, beautiful garden (weather permitting), a Pavilion or Marquee for larger groups. Plus other arrangements including transport, accommodation, catering, photography.



For more information please call  
351 282 380 311  
or go to  
[www.allsaintsalgarve.org](http://www.allsaintsalgarve.org)

ANGELICAN CHURCH





**How much risk are you willing to accept when investing? Would you like a professional eye on your situation so that you are in a better position to invest in harmony with your attitude to risk?**

For one thing, risk management comprises clarification of risk appetite, for another risk diversification suitable to your situation. The object is to manage risk in the best possible way

on the basis of your expectations – and we can offer you several solutions.

Visit [jyskebank.gi/products](http://jyskebank.gi/products) or call an adviser direct.

**JYSKE BANK (GIBRALTAR) LTD.** • Private Banking  
76, Main Street • P.O. Box 143 • Gibraltar  
Tel. +350 200 72782 • Fax +350 200 76782  
[info@jyskebank.gi](mailto:info@jyskebank.gi) • [www.jyskebank.gi](http://www.jyskebank.gi)

Jyske Bank (Gibraltar) Ltd. is licensed by the Financial Services Commission, Licence No. FSC 001 00B. Services and products are not available to everybody, for instance not to residents of the US.

 **JYSKE BANK**  
PRIVATE BANKING





Union leader Carvalho da Silva at a demonstration for better pensions, outside parliament in November 2009. (Photo: Lusa / Mário Cruz)

## Public debate launched on the future of pensions

The European Commission has this week launched a Europe-wide public debate on how to ensure adequate, sustainable and safe pensions and how the EU can best support the national efforts.

Ageing populations in all Member States have put existing retirement systems under massive strain and the financial and economic crisis has only increased this pressure.

The consultation document, a Green Paper, poses a series of questions inviting all interested parties to contribute views, opinions and ideas on confronting the pension challenge – one of the biggest facing Europe and most parts of the world today – and how the EU can contribute to the solutions.

Presenting the consultation paper, and with the full backing of Commissioners Olli Rehn (Economic and Monetary Affairs) and Michel Barnier (Internal Market and Services), László Andor, EU Commissioner for Employment, Social Affairs and Inclusion said: “The number of retired people in Europe compared to those financing their pensions is forecast to double by 2060 – the current situation is simply not sustainable. In address-

ing this challenge the balance between time spent in work and in retirement needs to be looked at carefully.”

Mr Andor added: “The choice we face is poorer pensioners, higher pension contributions or more people working more and longer. One of the great successes of Europe’s social model has been to ensure that old age is not synonymous with poverty. This is a promise on which we have to continue to deliver and the dialogue we are launching today should help Member States take the right decisions to ensure pension systems are fit for the purpose”.

The Green Paper reviews the European pension framework in a holistic and integrated manner, benefiting from synergies across economic and social policy and financial market regulation, which is why so many different topics are covered, such as: longer working lives, the internal market for pensions, mobility of pensions across the EU, gaps in EU regulation, the future solvency regime for pension funds, the risk of employer insolvency, informed decision-making and governance at EU level.

## Portugal looks to fellow Lusophone states to boost language

Promoting the Portuguese language worldwide is not merely a Portuguese duty but one that needs to be shared by Brazil and, eventually, Portuguese-speaking African nations, Portuguese consul-general in Shanghai Joaquim Moreira Lemos told Lusa News Agency on Monday.

“I don’t necessarily believe that Portugal holds exclusive responsibility in promoting and defending the Portuguese language”, Moreira Lemos said.

The growing interest for the language in China “has to do with its universality, not necessarily with Portugal but with the Portuguese-speaking world”.

“Currently, the great magnet for [Portuguese learners in China] is mostly Brazil and the African nations”, the consul-general added, noting that Chinese interest in the Portuguese language is due mostly to “employment opportunities in the wider Lusophone market”. TPN/Lusa



**GRAND OPENING**  
Thursday 8th July 2010

**MONTE's**  
Cup Cake Shop

**Open Tuesday – Saturday 10.00 a.m. – late.**

**Sunday 10.00 a.m. – 5.00 p.m.**

**Closed all day Monday.**

***Eat in or take away***

**Located at MONTE's Restaurant,  
Boavista Golf Resort, Lagos**

**Telephone: 282 764 382**

**Website: [www.montesrestaurantlagos.com](http://www.montesrestaurantlagos.com)**



**10.30am • Holy Communion • ASCA • ALMANCIL**  
**with Adventurers and Creche**

**Lead Priest :** Fr. Joseph Wingo **T: 309 402 783**  
**Assistant Priest:** Rev'd Jackie Nevill **T: 914 781 453**  
**Assistant Priest:** Rev'd Paul Luckman **T: 917 240 123**  
**[info@allsaintsalgarve.org](mailto:info@allsaintsalgarve.org) • [www.allsaintsalgarve.org](http://www.allsaintsalgarve.org)**  
**Please enquire about Baptism Services, Marriage Blessings, Funeral Services etc.**

**For directions, call 282 380 311 any time**



# Majority of Portuguese do not use Internet

A recent survey into the impact of the Internet on Portuguese society has revealed that more than half of the Portuguese population (55.4 percent) does not use the Internet, either through lack of interest or ignorance, while the majority of 'Net Surfers' are aged between 15 and 34.

These were the findings of the study, carried out by the Centre for Investigation and Sociology Studies (CIES), revealed this week.

Just 44.6 percent of the population uses the Internet, an outcome that is still higher than the 38.9 percent result from 2008.

Involved in the study were 1,255 participants, 696 of whom said they did not use the Internet. Of those, 47.5 were aged 55 or over. Within that group, 44.4 percent said they were not interested in the Internet, while 26.3 percent said they did not know how to use it. More than 20 percent of people in the non-user group said they did not even own a computer and/or considered access to the Internet too expensive.

More than 50 percent of the people who said they did not use the Internet also answered that they thought they 'never would'.

Interestingly, as a source of information, 77 percent of the participants replied that they considered television to be "important" or "very important". More than half (55.6 percent) of participants said that newspapers were the best sources of information. The Internet followed in third place, with 52.3 percent of participants backing its importance.

Regarding entertainment, television is once again the mode of choice, with the Internet this time coming in last, with 23.9 percent of the participants claiming it had "no importance" whatsoever within the realms of a diversion.

Amongst those who do use the Internet, 56.5 percent claim they do so daily, to check emails; 46.9 percent use instant messaging systems.

Only seven percent of respondents use the Internet to make phone calls.



Two pupils use a school computer during the effort to connect all schools to broadband in 2006. (Photo: Lusa / Nuno Veiga)

Where social networks are concerned, 25 percent of participants (315 people) confirmed they were registered with at least one site; 75.6 percent said they were signed up with Hi5, and 70.2 percent were on Facebook.

The study was this week presented at the 11th World Internet Project Annual Conference, held at the Higher Institute for Work and Company Sciences, Lisbon.

## Galp and EDP to be fully privatised in 2010 – Finance Minister

Portuguese Financier Minister Fernando Teixeira dos Santos said Wednesday he expects that the remaining state's shares in energy companies Galp and EDP will be privatised this year.

"The privatisation programme will proceed as planned, beyond the [national-

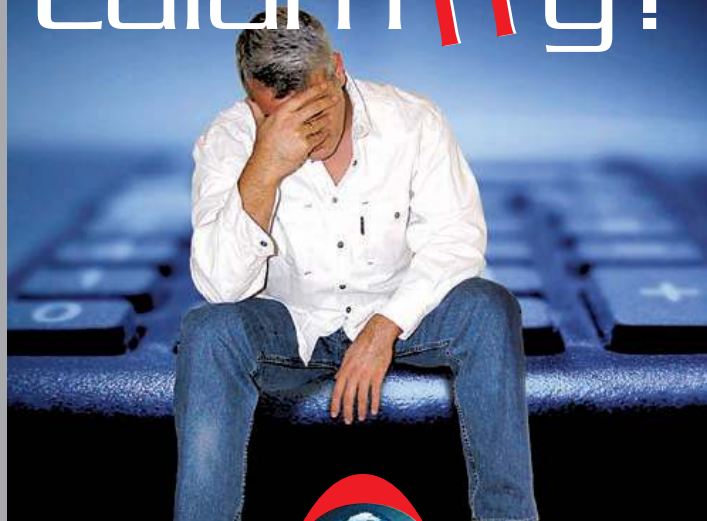
ised troubled bank] BPN, I expect we will be able to move on with what's planned in the energy sector, namely Galp and EDP".

Former state monopolies Galp and EDP are currently privately run companies, but the Portuguese state still holds a direct 7% stake in Galp (whose major business is oil and gas re-

fining and distribution) and a 20% stake in EDP (electrical operator). It also owns, indirectly through state-owned bank CGD, a further 1% of Galp and 5% of EDP.

According to analysts' estimates, selling the stakes could bring in around €3 billion to Portugal's Treasury. TPN/Lusa

## CalamITY?



- Your one-stop surgery for PC's Macs and laptops
- Quality hardware and software supplied
- Repairs without loss of data
- Software and Hardware issues resolved
- Upgrades and Technical jargon made simple
- PCs and Macs tailored to your specification
- Fully qualified English/Portuguese Technicians



**PC SURGERY**  
A name you can trust!



- Free consultation and advice over the phone
- No fix, no fee policy
- Collection and delivery service in the Algarve
- We beat any competitive quote in the Algarve

**We repair & maintain ANYthing to do with a computer or network.**  
Call our Hotline: **707 940 332**

## Transferring your UK pension to QROPS? Make sure you get the right advice

As an expat, you may have heard about QROPS - Qualifying Recognised Overseas Pension Scheme - which allows you to transfer your UK pension fund into an international scheme. It has many benefits; however, it's not suitable for everyone and many expats have been misled or given the wrong information on their options.

Our advisers take the time to explain everything in plain English. We're Chartered Financial Managers and fully regulated, so you can rest assured that we have the necessary experience and qualifications to advise you.



## why not find out more?

Call **+351 289 355 685** to arrange an informal chat with one of our qualified and experienced advisers or visit **www.blacktowerfm.com**

**BLACKTOWER**  
FINANCIAL MANAGEMENT GROUP



Blacktower Group with offices in the United Kingdom, Gibraltar, Portugal, Spain & France. Blacktower Financial Management (International) Ltd is licensed in Gibraltar by the Financial Services Commission (FSC) Licence No. 00905B. Blacktower Financial Management Ltd is authorised and regulated in the UK by the Financial Services Authority.





## THE SUPERMARKET OF CHOICE

As a family run supermarket business, we at Apolónia take pride  
in our work.

Our individual personal approach and wide choice across our vast  
range of over 30,000 products, incorporating both national and  
international brands, ensures superb quality and unparalleled service,  
representing true value for money.

So come and see for yourselves . . . TAKE A FRESH LOOK

**ALMANCIL STORE**  
Av. 5 de Outubro 271  
Almancil  
Tel 289 351 440  
37° 05' 32.65" N | 8° 02' 22.76" W

**GALÉ STORE (ALBUFEIRA)**  
Sítio Vale do Rabelho  
Guia  
Albufeira  
Tel 289 583 950  
37° 04' 57.49" N | 8° 18' 44.84" W

[www.apolonia.com](http://www.apolonia.com)



## Crisis takes its toll as fewer Portuguese take mini June 'stay-cations'



In comparison to 2009, this year there were fewer Portuguese checking into Algarvean hotels to spend their June mini-break; two and three star hotels were the worst hit by the slump in national visitors to the region.

This was confirmed by the Algarve Association for Hotels and Tourist Resorts (AHETA).

While June is traditionally a good month for tourism in the Algarve, particularly in terms of welcoming national tourists, this year the internal market failed to live up to expectations, said Eldérico Viegas, head of AHETA.

The AHETA chief lamented that the June holidays and long weekends did little to revive the region's dwindling tourism sector, which last month suffered a 2.8 percent drop in terms of occupation, in comparison to the same month of 2009.

In terms of tourism results, 2009 was described by many in the sector as 'the worst year in the past 15 years'.

Regarding the Portuguese market, which usually remains unaffected by other market's poor performances, this year a drop of 15 percent was registered in terms of visitors, followed by a fall of 10.7 percent in nights spent in the region by British tourists.

"We are talking about drops on top of results that in themselves are already very negative, as 2009 was the year with the worst results in the last 15 years", Mr. Viegas stressed, admitting that such perspectives "are not very encouraging".

"We have, since November 2009 [the start of the tourism year] witnessed an accumulated drop of 10 percent in occupation rates, which means we will have difficulty in matching the levels of 2009", he explained.

And despite regional hotels

experiencing more early bookings than in 2009, something that experts believed indicated that "the situation could improve", this has not been reflected in actual occupation rates, Mr. Viegas said.

In June this year the average room occupation rate was 66.7 percent; the most significant losses were registered in Tavira, where local occupation fell by (17.7 percent), Lagos and Sagres (down by 5.8 percent), and Albufeira (-5.4 percent).

Two and three-star hotels and apart-hotels suffered the most with the lack of national tourists, experiencing overall occupation losses of 7.1 and 5.9 percent, respectively, in comparison to June last year.

Two and three-star resorts and tourist apartments also suffered the same fate.

The drop was justified by Eldérico Viegas as being due to the fact that establishments of a higher category are offering lower-than-usual prices, creating direct competition with lower-classified units.

On the other hand, Carvoeiro and Armação de Pêra registered slight rises in occupation (up by 6.6 percent), as did Monte Gordo and Vila Real de Santo António (+2 percent), and Vilamoura, Quarteira and Quinta do Lago (up by one percent).

Monte Gordo and Vila Real de Santo António boasted the highest occupation rates, with the region being 84.8 percent occupied.

Tavira, on the other hand, registered the lowest rates, with just 50 percent of the region's availability being filled.



Portuguese tourists on Salgadas Beach near Armação de Pêra



Famous  
'Jazz Lunch'  
every Sunday

Dine in the elegance of this 17th century Fortress, or have a drink in the exotic gardens overhanging the beach.

## Fancy an award winning meal?



\*The Fortaleza da Luz Restaurant was recently awarded 'Restaurant of the Year' by the Ladies Lunch Bunch Club of the Western Algarve.

Their evaluation was based on the food, beauty of the location and quality of the service.

**Parabéns Chefe Manuel!**



Mobile: (00351) 912 511 196

Booking recommended

info@fortalezadaluz.com

www.fortalezadaluz.com

Praia da Luz, Opposite the church (6km from Lagos)

CASH & CARRY OPEN TO THE PUBLIC

**THE WHOLESALE BUTCHERY**  
with succulent  
**South African & English specialties**

Biltong • Chili Bites  
Dry Wors • Ox-tail  
Matured Beef  
Pork Loin with Cracking  
English Sausages  
Gammon Steaks  
and much more

Open Monday - Friday  
8am - 1.30pm & 2.30pm - 7pm  
Closed Saturdays, Sundays  
& Public Holidays

Largo Gil Eanes - Bloco A - r/c - Portimão  
(near Portimão Pharmacy Arcade / railway)  
Tel: 282 410 590 Mob: 965 647 342  
dinisguia@hotmail.com

**ENTREPOSTO**  
**ANDIFER**

**SPECIAL PROMOTIONS EVERY WEEK**

**NOW ALSO IN LISBON**



**LE MANS SERIES**

**1000KM 8 ALGARVE**

**16/17 JUL. 2010**

[www.lemans-series.com](http://www.lemans-series.com)

A partir de / Starting from **10€**

info ticket: [www.blueticket.pt](http://www.blueticket.pt), Fnac, El Corte Inglés, Media Markt  
**+351 925 446 084 - [www.autodromodoalgarve.com](http://www.autodromodoalgarve.com)**

LE CASTellet 10-11 APRIL SPA-FRANCORCHAMPS 7-8-9 MAY **ALGARVE 16-17 JULY** HUNGARORING 21-22 AUGUST SILVERSTONE 10-11-12 SEPTEMBER

autódromo internacional algarve

Media Partners: MAXMEN, COMERCIO, Destak, COMERCIO

Event Partners: Portimão, TURISMO DE PORTUGAL, IDP Instituto do Desporto de Portugal, I.P.

**CEPSA GAS INNOVATING FOR YOU.**

**THE LPG BULK TANK AND WEEKENDS WERE BOTH CREATED FOR THE SAME PURPOSE: YOUR RELAXATION.**

CUSTOMER CARE:  
21 721 76 64  
[www.cepsa.pt](http://www.cepsa.pt)

**CEPSA**  
Together along the way



# Police confirm major drug busts in Algarve crack down



In recent days GNR police have confirmed two major drug busts carried out in the Algarve as the result of a widespread drug-tackling operation; one in which they detained four people near the international Guadiana Bridge (which links Portugal to Spain), along with a second, unrelated incident, involving two other suspects in which 2,000 doses of hashish were found in a refrigerated lorry believed to be heading for Spain.

According to Lusa News Agency the four suspects, three men and a woman, aged between 20 and 35, are believed to live in Lisbon. The vehicle in which they were travelling was pulled over during an operation carried out in the car park of the Police Cooperation and Customs Centre of Castro Marim/Ayamonte.

A police statement confirmed the foursome was "travelling in a

vehicle crossing from Spain into Portugal and after being approached by police attempted to fool the officers by trying to get rid of a bag containing some 297 doses of hashish".

Reportedly, the foursome had also "all swallowed hashish pellets in Morocco, which were still inside their bodies" and were therefore, "transported to Faro Hospital, by order of the Public

Prosecutor's office, to undergo tests and legal requirements".

Police further said they had apprehended the vehicle, a Mini One, in which the four offenders

had been travelling, along with €1,175 in notes and 2,277 doses of hashish.

One of the four detainees is still in hospital.

Meanwhile, PJ police also arrested two foreign men who were in possession of more than 2,000 kilos of hashish during a police operation set up at the A2 motorway toll gates in Paderne.

The sting was part of a drug-trafficking combat operation carried out last weekend by the PJ's Department of Criminal Investigation, in collaboration with the Drug Trafficking Combat Unit (UNCTE).

In a statement released by police after the bust, which is the result of several months' work, it was confirmed that they had located a lorry which "was sus-

pected of being used for transporting drugs and gave every indication it was headed for Spain".

The vehicle, a heavy-duty, refrigerated lorry carrying two people, was intercepted by PJ police officers at the Paderne toll gates on the A2 motorway.

It was found to be carrying more than 2,000 kilos of hashish packages, which lead to the arrest of the two foreign male occupants, aged 31 and 41.

Along with the drugs, the PJ seized the vehicle, mobile phones and assorted documents, as well as other equipment believed to be used in the trafficking operation.



In a joint operation between the GNR and the Maritime Police arrested two boats found to be transporting hashish in Praia da Luz in January. (Photo: Lusa/Luis Forra)



**LE MANS SERIES**

**1000KM do ALGARVE**

**Night Race**

16 & 17 July 2010

Autódromo Internacional do Algarve

**VIP Hospitality**

- Exclusive lounges overlooking start line, grid & pits
- Private outside VIP seating area
- VIP Paddock Passes
- Hostess service
- Full hospitality package
- Air-conditioning

Friday 16th - €100 per person  
Saturday 17th - €150 per person

Call or email us now to reserve

Algarve Racing  
282 760 548  
info@algarveracing.info  
www.algarveracing.info

**ALGARVE RACING INFO**  
VIP Hospitality at the Autódromo Internacional do Algarve

## Welcome.

Global Currency Exchange Network would like to welcome you all to our prestigious new office in Lagos.

Our experienced staff are on hand to provide specialist advice and manage your exposure to the currency markets.

Our new office is conveniently located on Rua Jose Ventura Neto Cabrita around the corner from Lidl's and UK Foods.



We offer foreign exchange services for residents, property owners and corporate clients.

GLOBAL  
**Currency Exchange**  
NETWORK

**Global Currency Exchange Network**

Rua Professor Jose Ventura Neto Cabrito, Lote 2, Loja G R/C, Lagos 8600-774.

For more information call, from the UK **0845 671 8402** from Portugal **282 768 136**

Email: [portugal@gcen.co.uk](mailto:portugal@gcen.co.uk) or visit us online at [www.gcen.co.uk](http://www.gcen.co.uk)



## Gov't to keep civil servant hiring freeze, but wage cuts ruled out



The Portuguese government will keep a hiring freeze in its civil service, along with other cost-cutting measures, but wage cuts have been ruled out this week by Public Administration State Secretary Gonçalo Castilho dos Santos.

"The government is not working under a scenario that includes wage cuts or subvention cuts", Castilho dos Santos said.

He "categorically denied" a report in newspaper "i", according to which the government was "preparing to make the largest civil servant wage cut ever".

Portugal's financial crisis has forced the government to take extraordinary measures to contain its budget deficit. Castilho dos Santos believes, however, that "the hiring freeze" and other decisions will be enough "to cut down on public spending" in the effort to bring down the budget deficit.

TPN/Lusa

Photo left: Public Administration State Secretary Gonçalo Castilho dos Santos. (Photo: Lusa / António Cotrim)

## Car sales soar

The year-on-year increase of new passenger vehicles has reached a new high of 65.5 percent in June, figures released this week have indicated.

According to the Automobile Association of Portugal (ACAP) this is the latest in a string of increases this year due to the increase in VAT, which came into force on July 1.

ACAP said in a statement that "a notable increase of 65.5 percent was reported last month in relation to June 2009".

In addition, the association also explains that 2009 was an

abnormal year where new car sales were the lowest for 22 years, a fact which would further explain the apparent positive figures released this week.

Nonetheless, and with two VAT increases the past decade taking effect in July, statistics indicate that between 2000 and 2010, this year is second only to 2005 in terms of year-on-year growth recorded in the month of June.

But ACAP has warned, after the record sales in June 2005 a "considerable drop in sales" followed in the ensuing months.

Industry analysts have also

said that 2010 has proven to be a better than expected year in terms of new car sales, as most car hire companies, having failed to purchase any new cars in 2009 leading to a widespread shortage of vehicles, have opted to replenish their stocks this year which also contributed to an increase in sales.

Observers now suggest the real test of the car industry's apparent buoyancy will come in the latter half of the year when it will be solely reliant on private individuals to maintain high sales figures.

## Unemployment "slowing down", PM claims

Despite new figures showing the Portuguese unemployment rate has hit an all-time high, Prime Minister José Sócrates has said he is confident that joblessness will abate.

"The truth is we have had clear signals, over the last few months, that the growth in unemployment is slowing down", Mr. Sócrates said during a visit to the Autoeuropa automobile plant in Palmela (south of Lisbon).

"I'm well aware that these summer months, following the first quarter's economic growth, will be months when unemployment will slow

down".

Prime Minister Sócrates added that he is "very hopeful that the next few months will bring clear results" on employment.

According to Eurostat, the European Commission statistics agency, the Portuguese unemployment rate hit 10.9% in May.

Eurostat's figures reveal a slow but steady increase in unemployment for Portugal: the rate was 10.4% in February, 10.6% in March, 10.8% in April, and 10.9% in May – a new all-time high for Portugal's unemployment as measured by Eurostat.

## EU Parliament approval for maritime passenger rights

After air and rail, transport by water will also be covered by a specific set of rights for passengers at EU level.

Maritime and inland waterway passengers, and in particular passengers with disabilities and people with reduced mobility, will enjoy new rights that will protect them when they travel anywhere within the European Union.

Siim Kallas, Commission Vice-President in charge of transport, said: "This regulation on the rights of passengers travelling by sea and by inland waterways will extend passenger rights to further transport modes, which

means passengers travelling on water will benefit from the same basic quality service standards wherever they travel in the Union. We hope that the European framework for passengers' rights might soon be completed after the adoption of a law on the rights of passengers travelling by bus and coach."

The new rights include amongst others: guarantee of reimbursement or rerouting in situations of cancellation or of delay of departure by more than 90 minutes, adequate assistance (such as snacks, meals, refreshments and, where necessary, ac-

commodation up to three nights, with a financial compensation of up to €80 per night) in situations of cancellation or delay at departure of more than 90 minutes. And compensation of between 25% and 50% of the ticket price, in situations of delay in arrival or cancellation of journeys.

In addition, non-discriminatory treatment and specific assistance free of charge are now in place for disabled persons and persons with reduced mobility both at port terminals and on board ships, as well financial compensation for loss or damage of their mobility equipment.

## Internationally active SMEs yield better results



**A quarter of EU 27 small and medium-sized businesses (SMEs) export or have exported at some point during the last 3 years. This is revealed in a new European Commission study available online.**

Internationally active SMEs report an employment growth of 7% whereas the figure stood at 1% for those without any international activities. There is also a strong relationship between internationalisation and innovation.

A total of 26% of internationally active SMEs introduced products or services that were new for their sector in their country; for other small businesses this is only 8%. However, international activities are mostly geared towards other countries inside the internal market and only about 13% of EU SMEs are active in markets outside the EU. European firms are more internationally active, compared with US and Japanese SMEs.

These are some of the findings of the study 'Internationalisation of European SMEs'.

It maps the level of internationalisation of European SMEs and identifies the main barriers and advantages of internationalisation.

Commission Vice-President António Tajani, responsible for Enterprise and Industry said: "European SMEs still depend largely on their domestic markets despite the opportunities brought by the enlarged single market and by globalisation as a whole. It's important for our smaller businesses to improve their performance in cross-border and international trade transactions in order to reinforce growth, enhance competitiveness and support the long term sustainability of companies."

This study analysed 26 separate sectors. The highest percentage of internationalised SMEs is found in wholesale trade, mining, manufacturing and the sale of motor vehicles. Within services, the sector 'research' scores very highly. Sectors of activity with the highest share of exporting SMEs are mining (58%), manufacturing (56%), wholesale trade (54%), research (54%), sales of motor vehicles (53%), renting (39%) and transport and communication (39%).

For more information, visit: [http://ec.europa.eu/enterprise/policies/sme/market-access/internationalisation/index\\_en.htm](http://ec.europa.eu/enterprise/policies/sme/market-access/internationalisation/index_en.htm)

## Recent Residency Rulings:

UK rules on residence and domicile can be traced back to the introduction of Income Tax in 1799 to meet the cost of the Napoleonic wars. This was imposed upon all income arising from property in Great Britain, whether or not the person was resident, and on all income of those defined as being resident in the UK. However those present for some temporary purpose, with no view or intent of establishing residence, were not taxed as residents. Those who had been ordinarily resident, and had gone overseas for occasional residence abroad, continued to be taxed as residents. Income from foreign assets was subject to tax if it was remitted to the UK, but not if it was kept offshore. (The remittance basis was devised primarily as a means of taxing income from British plantations in the Americas.)

The regime has changed little since its introduction. By 1800,

the definition of residence had been tightened so that those in the UK for 6 months, even if for a temporary purpose, were treated as resident. In 1803 Schedule D was introduced, charging tax on residents in respect of profits from property, wherever situated, and non-residents for property in Great Britain and on the profits of activities exercised.

During the twentieth century, occasional reforms have concentrated upon tightening up the remittance basis. In 1914 and 1940 it was narrowed to cover fewer types of foreign income, and there were further changes in 1956 and 1974. When Capital Gains Tax was introduced in 1965, it was charged on individuals who were resident or ordinarily resident, and the remittance basis applied to gains from foreign assets for those who were non-domiciled. Most recently, in 1993, under the 'available accom-

modation' rule, those with accommodation in the UK might be regarded as resident for any year they visited here, was abolished.

### The Current Rules

The rules determining whether someone is resident, ordinarily resident, and/or domiciled in the UK are largely based on case law and reflect the development of the income tax system from its introduction in 1799. UK resident individuals who are both ordinarily resident and domiciled in the UK are liable to tax on their worldwide income and gains, wherever these arise. UK residents who are not domiciled in the UK are liable on overseas income and gains only to the extent that these are remitted or received in the UK. The extent to which an individual is liable to UK tax will depend on whether he is:

- Resident; and/or
- Ordinarily resident; and/or
- Domiciled in the UK.

These terms are not defined in

UK Crackdown may prove to be a blessing in disguise: part n° 2: An Historical Perspective

detail in statute. They are in practice largely based on legal precedence, mainly deriving from the 19th and early 20th centuries. The residence rules and the concept of domicile and how these impact on an individual's liability to UK tax are explained in booklet HMRC6, Residence, Domicile and the Remittance Basis which provides a comprehensive statement of the Revenue's interpretation of the application of the rules in practice.

Next - Part n°3: **Essential Definitions**

Dennis Swing Greene is Chairman and International Fiscal Consultant for **euro FINESCO s.a.** Private consultations can be scheduled in *Guia (Albufeira) 289561333, Lisbon (Chiado) 21342421 and in Funchal (Sé), Madeira 291221095, by e-mail at info@eurofinesco.com or on the internet at [www.eurofinesco.com](http://www.eurofinesco.com)*



# EU keeps Ryanair and Aer Lingus apart



The European Commission has this week welcomed the judgment of the EU General Court, dismissing Ryanair's appeal against its decision of June 2007 that prohibited the acquisition of Aer Lingus by Ryanair.

The Commission's decision found that the merger would have removed the intense competition between the two leading Irish airlines, harming more than 14 million passengers each year.

The Court in particular acknowledged the Commission's very detailed and careful analysis of the competitive effects and the proposed remedies.

This is the second time the Court has validated the Commission's practice of analysing the impact of airline mergers on a route-by-route basis, focussing on market entry and accepting only remedies that resolve the identified competition concerns.

In a separate ruling, the Court also endorsed the Commission's assessment that it had no jurisdiction to require Ryanair to divest its minority shareholding in Aer Lingus.

Commission Vice President in charge of competition policy Joaquín Almunia stated: "The combination of Ryanair and Aer Lingus would have created a dominant position on 35 routes to the detriment of more than 14 million EU passengers that travel to and from Ireland each year. I am happy that the Commission's approach to airline mergers which can hurt citizens has been confirmed by the Court."

The General Court confirmed the Commission's detailed competitive analysis, which led

to the conclusion that the proposed merger would have significantly impeded competition on 35 routes to and from Ireland.

It added, "the Commission took care to carry out an in-depth analysis of the conditions of competition by taking account of factors other than just market shares, such as the effects of concentration on competition between Ryanair and Aer Lingus, the reactions which could be expected from customers and competitors and the actual situation on each route affected by the concentration".

In a separate ruling, the General Court also rejected an appeal by Aer Lingus against the Commission's decision with respect to Ryanair's minority shareholding in Aer Lingus. Aer Lingus had argued that the Commission should also have ordered Ryanair to divest its remaining minority shareholding of, at the time, 25.17% in Aer Lingus.

The Court found that under

the EU Merger Regulation the Commission's prohibitive decision prevented Ryanair only from acquiring a controlling share in Aer Lingus, but that the

Commission could not force the sale of Ryanair's non-controlling minority share. The Commission had formerly rejected Aer Lingus' request in October 2007.

## Renewables account for 62% of the new electricity generation

The 'Renewable Energy Snapshots' report, published this week by the European Commission's Joint Research Centre (JRC), shows that renewable energy sources accounted for 62 percent (17GW) of the new electricity generation capacity installed in the EU27 in 2009.

The share rose from a figure of 57% in 2008. For the second year running, wind energy accounted for the largest share of the new capacity: 10.2 GW out of the 27.5 GW

built, representing 38 per cent of the total.

In absolute terms, renewables produced 19.9% of Europe's electricity consumption last year.



### Kaza

Seguros

## Insurance Solutions

- HOUSE
- MOTOR
- DENTAL
- BOAT
- LIFE & HEALTH

- WORKERS
- BICYCLE
- BUSINESS
- INVESTMENT
- TRAVEL

**SPECIAL OFFERS FOR EX-PATS**

**BEST MARKET RATES** **PROFESSIONAL SERVICE**

**Contact us for a quote!**  
[www.kazaseguros.com](http://www.kazaseguros.com)  
 e-mail: [kazaseguros@mail.telepac.pt](mailto:kazaseguros@mail.telepac.pt)  
 Tel: 282 761 612 Fax: 282 769 378 Mob: 919 694 025

**Liberty Seguros**

## Gov't investment in science and technology "absolutely vital" – PM

Portugal's public investment in science and technology is "absolutely vital" for the economy's competitiveness and "will continue", Prime Minister José Sócrates has said.

Prime Minister Sócrates added that, despite the financial crisis, Portugal is on track to fulfil the European Union's goal of, by 2020, devoting 3% of GDP to science and technology R&D.

"Having reached, in 2008, 1.55% of GDP in scientific investment, I believe it is absolutely necessary to aim as high as Europe, so that the nation is not left behind", José Sócrates said on Sunday before an audience of scientists and academics.

"Of course scientific development needs private business", Mr. Sócrates added, but "we won't make it without government will and support."

TPN/Lusa

## Fiscal Representation at an incredible price, with a great deal of advantages.

**€195** per couple, individual or company per year (plus vat) for fiscal representation.

A great price with an even greater service.

**Included in the annual fee are all these benefits:**

(a) the support of a company with an excellent reputation established in the Algarve for nearly 25 years specialising in non-residents,

(b) free access in the Algarve to UK qualified barristers-at-law specialising in international tax-planning with free appraisal of your financial affairs,

(c) free information regarding offshore products, companies, trusts, pensions and insurance services,

(d) free access in the Algarve to UK qualified Independent Financial Advisers regulated by the Financial Services Authority in the UK,

(e) Access via our Portuguese office to one of the largest international business networks, HLB International, represented in over 100 countries with 13,510 staff in over 450 offices.

Contact:

☎ (+351) 289 463 271

✉ [gibro@gibro.com](mailto:gibro@gibro.com)

☎ (+351) 289 463 277

🌐 [www.gibro.com](http://www.gibro.com)

**Global in Reach. Local in Touch**



**Gibro Group**  
 Gibraltar - United Kingdom - Spain - Portugal

## Tax Solutions

ACCOUNTANT • CONTABILISTA

We provide a first class service tailored to clients specific needs.  
 Solutions for individuals, small & large businesses.

**For all your Fiscal and Tax Advice contact us**

**FISCAL REPRESENTATION  
 ALL SERVICES INCLUDED**

Parque Empresarial de Lagoa  
 Edifício Paris, Bloco I, 8400-431 Lagoa  
 Tel: 282 476 160  
[info@algarve-taxsolutions.com](mailto:info@algarve-taxsolutions.com)  
[www.algarve-taxsolutions.com](http://www.algarve-taxsolutions.com)



## Quinta Bonita Luxury Boutique Hotel



Laid back luxury in spectacular surroundings

Perched high on the Matos Morenos hillside with panoramic ocean views, at Quinta Bonita traditional charm and modern luxury blend seamlessly in idyllic surroundings to create a truly A choice of eight spacious suites, each individually designed and beautifully decorated with designer fabrics, in which to unwind. Every room boasts its own private terrace or balcony and is

fully equipped with 100% Egyptian cotton linen, mini-bar, air-conditioning, flat screen TV, bathrobes and organic toiletries.

Full buffet breakfast featuring fruit from their orchard, fresh eggs from the neighbours and bread delivered daily at dawn is enjoyed whilst overlooking the sweeping lawns. As an additional treat complimentary afternoon tea is served daily on one of the sun drenched terraces.

Explore the 10,000m<sup>2</sup> of spec-

tacular gardens, including a large heated swimming pool, cobbled pathways, ponds and fountains, help yourself to a drink from the honesty bar as you relax by the pool, indulge in an in-room massage or for the more energetic take a spin on one of their complimentary bikes. Fantastically located - the ancient port of Lagos with its castle walls, narrow, cobbled streets and pottery shops and the beautiful Algarve beaches and panoramic golf courses are just a few minutes' drive away.

Quinta Bonita is committed to reducing its environmental footprint. All their water is provided from their own borehole and is solar heated and their own filtered water system provides clean drinking water to the house.

Family run, the owners Chantelle and Fraser offer a personalised service - only too happy to offer a restaurant recommendation, a favourite beach or the best cycling route!

Rates start from €130 per room per night including full buffet breakfast and afternoon tea. For further information or to book a stay contact +351 282 762135 or go to: [www.boutiquehotelalgarve.com](http://www.boutiquehotelalgarve.com).

## Relax GMT 24:7 are just a phone call away 24:7!

Introducing a brand new concept in Property Maintenance in the Algarve, GMT 24:7 was established by Brett Hawkins, who together with his father Tony and brother Scott have a wealth of experience in the construction and property development sector in the Algarve having lived and worked here for more than 15 years. This new concept is based around a membership club, whereby property owner's can become a member of the GMT 24:7 Property Maintenance Club from as little as €34.99 per month and benefit from the following:

- \* Free 24:7 emergency callout service
- \* Guaranteed 60 minute emergency response time
- \* First hour of labour free on every callout
- \* First €50 of materials free on every callout
- \* Free Home Improvements Loyalty Voucher worth at least €350

"At GMT 24:7 we understand that it is very important for our member's to feel relaxed in the knowledge that we are always at the end of the phone, fully pre-



Scott, Tony and Brett

pared to deal with all your Property Maintenance & Home Improvement requirements," says Brett Hawkins.

In creating the first ever truly independent Property Maintenance Club in the Algarve, the mission of GMT 24:7 is to establish a long-term relationship with its member's, built upon a foundation of genuine trust.

GMT 24:7 is a family business which takes pride in its proactive approach to Property Maintenance, operating throughout the Western Algarve with a professional team adopting only the most ethical practices in a timely and honest manner, with a strict clean and tidy policy.

Members can relax in the knowledge that GMT are just a phone call away 24:7, everyday of the year! This unique service means that members can rest assured knowing that one call is all it takes, eliminating the need to go through middlemen or waste time phoning around for a plumber, electrician, glazier, carpenter, painter, project manager, interior designer or other tradesman or specialist. GMT 24:7 provides a comprehensive and professional range of Property Maintenance & Home Improvement services.

For more information, please visit: [www.gmt247.eu](http://www.gmt247.eu) or call 282 098 600.

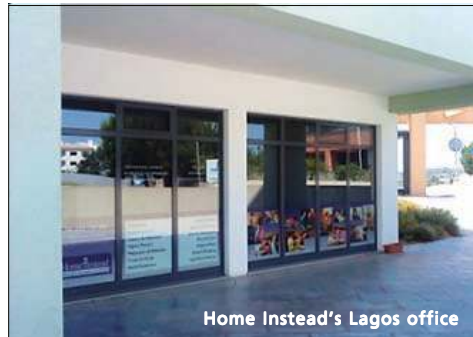
## A new office of the global franchise Home Instead opens in Lagos

Home Instead Senior Care is a leading domiciliary care franchise company and provides a range of services to allow older people to remain in their home for as long as possible with the support of care givers.

The company has a specific training programme for those who work as care givers, especially tailored to looking after people with Alzheimer's, and the Lagos office is looking to recruit

care givers, preferably over the age of 50, who are able to speak more than one language to cater to the multinational community of the Algarve.

The new offices are located at Quinta do Landeiro, Urb. Marina Park, near Lagos Marina. For further information, please visit: [www.homeinstead.com.pt](http://www.homeinstead.com.pt) and call João Madeira on 282767102 or e-mail: [lagos@homeinstead.com.pt](mailto:lagos@homeinstead.com.pt)



Home Instead's Lagos office

## NEW PRODUCTS Certikin

### Ocean Dreams

The new Ocean Dreams spas range with pure and elegant shapes tries to achieve the best integration in any environment, both indoor and outdoor. This range is made of different spas dimensions and equipment which go from 76 cm high spas perfect to be installed indoor, to spas for 6 people with 5 seats and 1 bed, equipped with 45 jets to enjoy all the hydrotherapy benefits.



### CERTIKIN HEAT PUMPS

Heat pumps are the most efficient system to heat up the pool water, since they take advantage of the external energy, in the ratio of 1 Kw of energy consumption to 5 Kw of output. Certikin presents a new heat pump range, equipped with a high performance battery. They also include a titanium heat exchanger and have filtration control. The ABS top design, avoids possible corrosion problems.



To find an authorised agent in your area please contact  
AquaAmbiente, S.A. Tel: 219 154 690 • e-mail: [geral@aquambiente.com](mailto:geral@aquambiente.com)

## New Business? New Product?



Why not let  
our readers  
know?

To be included on this page, send details of your new business or product in up to 250 words plus a photograph (optional) to

[copy@theportugalnews.com](mailto:copy@theportugalnews.com)

With over 22,000 copies every week, **The Portugal News** is very effective in promoting viable business ideas.

Try us and see!



# Timetable changes to 'escape' searing heat



Various Alentejo municipalities, such as Amareleja (known as the 'hottest place in Portugal') have changed the timetables of its civil servants who work outdoors to avoid being in the blazing heat which in that part of the country often exceeds 40 degrees.

"In summer it is difficult to work outside in the peak of the heat, in other words, in the afternoon. We therefore changed the timetables of staff members who have to work outdoors", like urban cleaning services, explained António Gonçalves, Mayor of Amareleja parish.

Amareleja is dubbed the 'Hottest place in Portugal' due to the record temperatures it registers in summer.

By implementing the measure "to spare the people and make their work more effective", between July 1<sup>st</sup> and the

end of September Amareleja's outdoor civil servants will work continuously from 06h00 to 13h00, "when it is not as hot", Mayor Gonçalves said.

Other parishes and municipalities, like Barrancos, have followed suit.

Barrancos Mayor António Tereno said "In summer we are almost always faced with temperatures of around 40 degrees and we have to do what is possible with the climate that we have".

"Within this [adapted] timetable there is greater productiv-

ity, because it is not as hot as the rest of the day, particularly in the afternoon", he added.

His Amareleja counterpart elaborated "we pay the price for living in the interior on various levels, including climate-wise", and reiterated that "in winter and in summer, the temperatures in Amareleja are always very aggressive, much like anywhere else in the Alentejo's interior".

"But we are used to the high temperatures; it is nothing odd and nothing new", the Amareleja Mayor concluded.



A man tries to get cool sitting in the doorway of his house in Évora on July 6th. (Photo: Lusa / Nuno Veiga)

## Dust from Northern Africa sweeps across Portugal

Following Tuesday night's freak thunder and lightning storm, heavy rain and strong winds, which some described as a 'mini-hurricane', vehicle owners across the Algarve were astonished to wake up and find their vehicles covered in a sand-like dust.

It has since emerged that a dust cloud from the North-African desert is sweeping Portugal, contributing to high levels of particles in the air.

Francisco Ferreira, a specialist in atmospheric pollution and Professor at Universidade Nova's Faculty for Sciences and Technology (FCT) in Lisbon, said this is a natural phenomenon that happens with some frequency.

According to the expert, Portugal has, in recent days, been swept by a mass of hot air inbound from North Africa and inner Spain. And, as well as the heat, the same mass of hot air is carrying dust.

In the Algarve, where in several areas it has rained this week, the dust settled on cars, balconies and even on clothes that had been left out to dry.

"If it doesn't rain you would never know", Francisco Ferreira explained. The only other possible indication of dust in the air is a yellow stripe on the horizon.

As a result, air quality testing stations are registering the effects of the desert dust cloud, showing readings in various parts of the country that are indicative of the concentration of particles in the air being above the recommended limit for the protection of human health (which is a daily average of 50

micrograms per cubic metre).

As far as Francisco Ferreira is concerned, "There is no doubt that those figures are in part due to the natural phenomenon".

In 2009 Portugal's air quality was affected by similar situations on 141 days, nearly one third of the year.

This year, reportedly, natural pollution coming from arid areas of Northern Africa has been detected on 40 days.

The evolution of this situation is being followed the FCT's department for Sciences and Environmental Engineering.

## Planet at its hottest since last century

The first five months of this year were, globally, the hottest since 1880, when temperatures on planet earth began to be systematically registered, a report from the North-American National Climate Data Centre.

This finding was further reinforced by the Institute of Meteorology, as reported by France Presse, who found that between January and May the combined temperatures of the earth and its oceans were 0.68 degrees above the overall average for the 20<sup>th</sup> century.

More specifically, in the months of March, April and May this year, record temperatures were registered, hitting an average of 0.73 degrees above last century's average.

Only in 1998 were the same number of months (three: February, July and August) with above-average temperatures documented.

It was also in 1998 that the previous record for the hottest first five months of any year was set, before being smashed in 2010.

Since the beginning of this year the planet has heated up significantly in Canada, North America, Southern Greenland, North Africa, South-west Asia, Siberia and Southern Australia.

On the other hand, lower-than-

normal temperatures were also registered in the Southeast USA, Central Asia and Western Europe, with Germany this year documenting its coldest month since 1991.

In May this year ice in the Arctic was found to be melting 50 percent faster than normal for that time of year, the North American climate institute said.

FROM THIS



## TAKE CONTROL OF YOUR HOME!

We don't just supply and fit bathrooms and kitchens, we can undertake all the planning, plumbing, installation and service for pools, spas and much more.

Before you make any final decision, call in and see the range of services we offer, backed by over 26 years' of experience.

We won't subject you to high pressure selling (we don't need to), but we will give you straightforward answers to your questions, and show and explain in full, solutions to suit almost every budget.

Don't settle for second best service, installation or equipment. Visit our showrooms and talk to us first.

TO THIS!

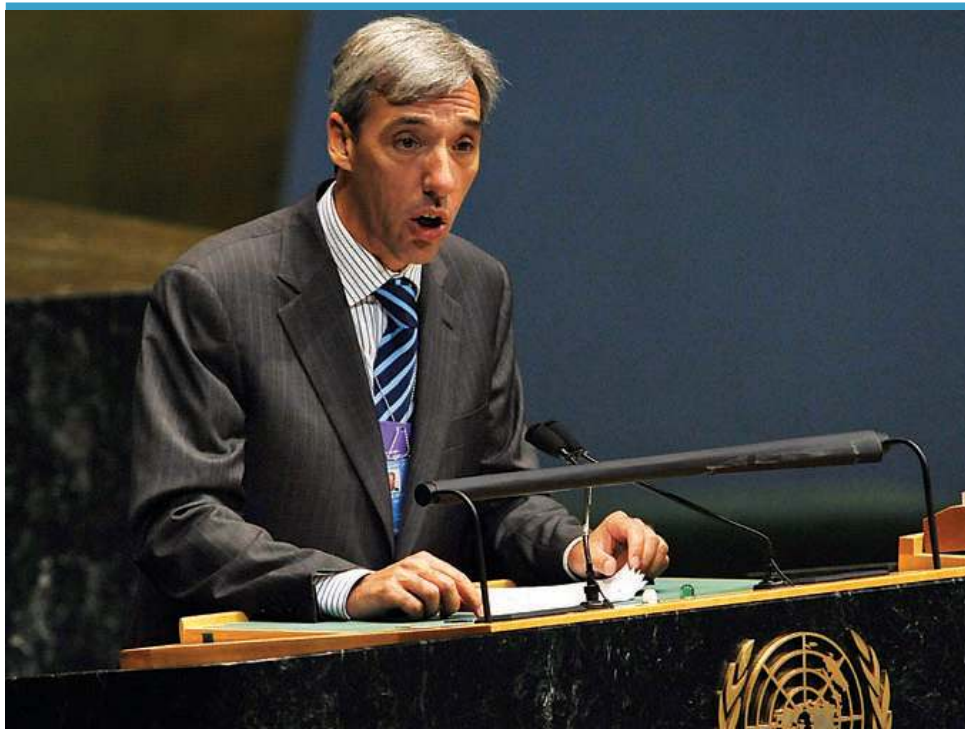


**SOL AMBIENTE**  
Adding value to homes since 1983

- Efficient
- Long established
- Reliable

Apartado 1  
8401-901 Lagoa  
282 340 520  
282 341 490





The Secretary of State for Foreign Affairs and Cooperation João Gomes Cravinho addresses the general assembly during a conference on the world financial and economic crisis and its impact on development at United Nations headquarters in New York on June 24th (Photo: EPA/Jason Szenes)

## Portugal “quite optimistic” about election to non-permanent UN Security Council seat



State Secretary for Cooperation João Gomes Cravinho is “quite optimistic” about Portugal’s chances to be elected to a non-permanent spot in the United Nations Security Council for 2011-2012.

“We are very pleased about the demonstrations of support we have been getting from countries all over the world”, Mr. Cravinho told Lusa News Agency.

The UN Security Council has five permanent members and 10 non-permanent ones, elected for two-year mandates. Germany and Canada are also vying for the same seat.

“Those are very worthy opponents, but we are quite optimistic”, Mr. Cravinho said, adding he expects Portugal to get support from countries in all continents.

The vote on new non-permanent Security Council members has not yet been scheduled, but should take place in late September or early October.

In a related story, Portugal has said it “shares” the United Nations Secretary General Ban Ki-moon’s “concerns” about the

political and military unrest in Guinea-Bissau and the possibility of drug links to the April 1 uprising, State Secretary for Cooperation João Gomes Cravinho told Lusa.

According to a report that will be delivered next week to the UN Security Council, Ban is “deeply worried with reports linking drug trafficking to the events of April 1” in Guinea-Bissau, adding that the uprising, which resulted in the ousting and arrest of then Armed Forces leader Zamora Induta, “was a grave setback in the peace-keeping and reform process” in the West African nation.

“Anyone who knows Guinea-Bissau” must be worried about drug trafficking, Gomes Cravinho said. “Reforming the security sector and fighting drug trafficking are the main elements for stabilising the country”, he added.

TPN/Lusa

## Special HEALTH INSURANCE for Readers

10% off your first year's premium

### FULL COVER

### GREAT SAVINGS

The Portugal News has arranged an excellent health insurance policy for expatriate residents of any nationality in Portugal at very competitive rates. Even the most basic policy covers treatment anywhere in Europe and direct payment to the hospital.

Health Insurance Cover  
New clients accepted up to  
74 years of age

- ✗ Standard cover level up to £50,000
- ✗ Underwritten at Lloyd's
- ✗ Available for all expats of any nationality residing in Portugal
- ✗ Maximum age at entry 74
- ✗ 24 hour medical helpline
- ✗ Reduced premiums for increased excess
- ✗ Premium payments in sterling
- ✗ Claims settled in sterling by UK loss adjusters



Visit our site and click on the XPAT link for a no-obligation quote

[www.theportugalnews.com/medical](http://www.theportugalnews.com/medical)

707 500 212

## Portugal offers Guinea-Bissau a million condoms

Portugal has delivered a million condoms to Guinea-Bissau's National Office for Aids Policy to help in preventing the spreading of the epidemic. Seven percent of Guinea's 1.6 million citizens are HIV positive.

Portugal is “particularly pleased to deliver a further million condoms”, Portuguese cooperation attaché in Bissau Guilherme Zeverino said.

“It’s the third donation of this sort in recent years, and it addresses the Guinean authorities’ concern with fighting HIV.”

The executive secretary of the Guinean Office for Aids Policy, João José Monteiro, praised Portugal’s help and

noted that Aids and other epidemics are the main scourge facing his nation: “There’s a lot of talk of political unrest in Guinea-Bissau, there’s a lot of talk of the military intervention, there’s a lot of talk of disturbances that indeed occurred, but we tend to forget that among the greatest threats we face is our frailty in fighting diseases such as Aids, tuberculosis and malaria.”

TPN/Lusa

## Portuguese drug offender may have two-year trial wait in Nepal

An Angolan-born Portuguese citizen arrested in May for drugs charges in Nepal might have to wait up to two years for her trial, attorney José Abecassis told Lusa News Agency on Tuesday.

The woman, born in Luanda but a resident of Macao who holds a Portuguese passport, was arrested at Katmandu Airport with 317 grams of heroine.

“This type of charge might take up to one or two years to go on trial” in the Nepalese system,

Abecassis, who visited Katmandu recently to recruit local lawyers for the case, said.

Abecassis added that the woman is currently at the Katmandu penitentiary, where she is being treated for health problems.

TPN/Lusa



# EU updates list of airlines banned from European airspace



The European Commission has this week updated the list of airlines banned in the European Union to include one carrier from Surinam and to expand the operating restrictions on Iran Air. In addition, two carriers from Indonesia have been removed from the list of banned airlines.

Vice-President Siim Kallas, responsible for transport, said: "We cannot afford to compromise on air safety. Where we have evidence that air carriers are not performing safe operations or where regulators fail in their obligation to enforce safety standards, we must act to guarantee safe skies for our citizens when they travel."

The Commissioner added: "We are ready to support those countries which need and want to build up their technical and administrative capacity to guarantee the highest standards of safety in civil aviation. The Commission is working closely with the European Aviation Safety Agency to further strengthen its efforts in providing technical assistance."

With this fourteenth update, the carrier Blue Wing Airlines from Surinam is included in the list of banned airlines following measures taken by a Member State as a consequence of a series of accidents suffered by this airline and serious deficiencies re-

vealed during ramp inspections of its aircraft.

Based on the results of the visit to Iran, led by the Commission with the participation of experts from Member States and EASA to verify implementation by Iran Air of measures announced at the last Air Safety Committee in March 2010 by the civil aviation organisation of Iran and the carrier, the Air Safety Committee unanimously supported the expansion of the operating restrictions imposed on Iran Air to exclude from operations into the EU its fleet of Airbus A-320s and of its Boeing B-727s and B-747s. The Commission said in a statement it will continue to closely monitor the performance of the airline through the results of ramp checks of its aircraft, which can operate in the EU and will intensify its consultations with the civil aviation organisation of Iran to find sustainable solutions to the identified safety problems, where practical, through technical assistance.

## Ex-Lusa CEO Barroso elected as EPA chief



Former Lusa agency CEO José Manuel Barroso was recently elected as head of the European Pressphoto Agency (EPA) in Amsterdam, becoming the first Portuguese journalist to lead the organisation composed of 11 news agencies.

Mr. Barroso told Lusa News Agency he accepted the task with "a desire to make things advance, but also with some apprehension because times are very difficult for agencies; the markets are increasingly difficult".

He said he thought he had been tapped for the post because he had demonstrated an ability to "congregate trends and act diplomatically" during

four years of serving on the EPA board.

Barroso's successor at Lusa, Afonso Camões, welcomed his election.

He said the Portuguese news agency had gained "growing influence in the organisation, especially because of its capacity to mediate and talk with all" EPA partners.

TPN/Lusa



A plane from the TAAG fleet at Luanda airport in March 2009. (Photo: Lusa / João Relvas)

**NOW OPEN**

# RIB SHACK

RESTAURANT

*There is no place like it!*

Combining cultures from East to West, Rib Shack specializes in Memphis Ribs, Buffalo Wings & savoury Cajun Shrimp, in addition of a variety of delicious starters from the Middle-East!

**www.ribshackalgarve.com**

**ENCOSTA DO BREJO LOTE 74**  
**OLHAO 8700-207**  
**TEL: 289 702 511/ CEL: 966 553 562**  
**ribshack.pt@gmail.com**

**GPS COORDINATES:**  
**Latitude: 37° 2'49.44"N**  
**Longitude: 7°50'16.66"W**

**FROM THE A22 (VIA DO INFANTE)**  
 EXIT "OLHAO" FOLLOW ROAD 6KM  
 EXIT "QUELFES". AT CROSSING TAKE LEFT  
 FOLLOW THE ROAD TO THE CHURCH

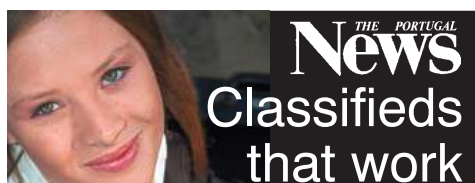
**COMING FROM**

- A22 / MONCARAPACHO
- FARO N-125
- TAVIRA N-125

Located in the picturesque town of Olhão, 5 min. off the highway, follow the map to an easy stop to an unforgettable eating experience.

**Open Lunch & Dinner**  
**Closed Mondays**

From an easy take-away, to a cozy dinner for 2, or even a party of 60, Rib Shack is here for all of you who love a fun atmosphere, music and of course **GOOD FOOD!**







## EU chief won't comment on PM Sócrates "ultraliberal" accusations



European Commission President José Manuel Durão Barroso on Tuesday refused to comment on Portuguese Prime Minister's accusations that Brussels holds "ultraliberal ideological views" about Portugal's 'golden share' in Portugal Telecom.

Portugal's government used its golden share powers to block the sale of PT's stake in Brazilian mobile operator Vivo to Spain's Telefónica.

European commissioner for the Internal Market Michel Barnier derided the move as "an unjustifiable restriction on the free circulation of capital", contrary to EU legislation.

Prime Minister Sócrates shot back, in an interview with Spanish newspaper 'El País', saying that the Commission's stand is based on "ultraliberal ideological views", and defended his government's decision as necessary to safeguard the country's strategic interests.

"I will not comment for now",

Barroso said. "The European Commission has already expressed its views."

The Commission has filed a complaint against the Portuguese government's golden share in PT at the European Court of Justice. A ruling on the complaint is expected any day.

*TPN/Lusa*  
Photo left: Spanish Prime Minister José Luis Rodríguez Zapatero (C) smiles while chatting with the President of the European Commission José Manuel Barroso (L), and European Parliament President Jerzy Buzek (R), before the plenary session in Strasbourg on July 6th. (Photo: EPA / Christophe Karaba)



# MONTE's

Family Dining - Coffee Lounge. Separate children's menu

Located at Boavista Golf Resort, Lagos

## ALL YOU CAN EAT BBQ €10.00

Every Sunday 12.00 noon - 5.00 p.m. children under 10 €6.00. Dessert €2.00



## WORLD CUP FEVER - All matches shown live

All Beer half price - Small 80 cents, Large €1.40

## SPECIAL MATCH DAY FOOD

Home-made Steak and Ale Pie or Chicken and Mushroom Pie with Chips and Peas €5.00

Normal snack menu available also.

Open Tuesday - Saturday for lunch and dinner  
Closed all day Monday

Telephone: 282 764 382 Website: [www.montesrestaurantlagos.com](http://www.montesrestaurantlagos.com)

## Algarve tourist board appeals to Town Halls to make region 'disabled-friendly'

The Algarve Tourist Board (ERTA) has appealed to regional Town Halls to collaborate in helping broaden the scope of what can be offered to disabled tourists, to elevate the region as a point of reference within that particular market.

To achieve this goal the ERTA has appealed to regional Town Halls to "co-finance a study that will analyse the destination in terms of being an 'Accessible Destination', therefore allowing, "by the end of the year, for the 'Accessible' brand to be implemented" throughout the region, under the slogan "One Algarve For All".

"We want an inclusive Algarve where accessibility is a key concern. Therefore, we have launched a challenge to the public sector to become an example to the private sector, by taking stock of what is on offer in each area in terms of accessible tourism and creating across the board attractions within all tourist products", said Almeida Pires, ERTA vice president.

The ERTA further explained "the study will culminate in the preparation of interventions to be applied on the ground, for the benefit of people who have special needs".

This will include the creation of special access paths that al-

low wheelchairs to be used on beaches; the availability of specially-adapted wheelchairs that move on sand and by the water's edge, as well as re-organising car parks and adapting toilets.

"But these measures can only be implemented after existing problems have been detected and solutions found, to adapt tourist products and services so they have the appropriate conditions for universal access", Almeida Pires stressed, highlighting the "urgency in moving forward with this technical study, as part of the Strategic Plan for Promoting Accessibility in the Algarve".

The ERTA is now hoping that all Algarvean Town Halls will adhere to the initiative, reiterating that 37 percent of the world's population suffers from some form of disability or special need.

Within Europe, Finland, the UK, Holland and France are the countries with the highest numbers of disabled citizens.



DOMUS  
Heating

DEVI  
Importer

IDEAL

FOR THE PORTUGUESE CLIMATE

Your specialist in electric underfloorheating  
only **DOMUS** uses insulation material originating from the  
aircraft industry. Intelligent self learning thermostats ensure a  
perfect temperature with minimal energy use.

The thermostats can be accessed through internet or even  
your mobile telephone.



COME AND SEE  
HOW IT WORKS



feel the warmth



check out the newest wireless technology

**15% summer 2010 discount**

valid untill end October 2010

visit our website and come to our showroom for information

**[www.domus-heating.com](http://www.domus-heating.com)**

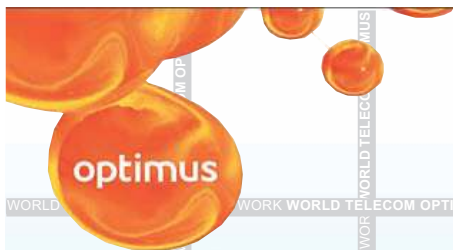
DOMUS Heating - Importer and distributor

EN 125, Sitio Benfarras, 8100 Boliqueime

tel 289-322 852 - fax 289-322 894

e-mail [domus-heating@mac.com](mailto:domus-heating@mac.com)





# JOIN OUR NETWORK AND SPEAK FREE

**Absolutely FREE calls and texts to family, friends and anyone else who's connected**



PART OF  
THE PORTUGAL  
**News GROUP**  
Established 1977

**For more details  
Call us on 707 500 600  
[www.worldtelecom.pt](http://www.worldtelecom.pt)  
Nobody beats our  
prices or service**



# Roads works on Lisbon's 25 de Abril Bridge as of September



From September Lisbon's 25 de Abril Bridge will be subjected to extensive road works, which according to national road company Estradas de Portugal (EP) will not interfere with road or rail travel.

The renovations, which were approved on June 30<sup>th</sup> last year, are estimated to cost nearly €8 million (€7,985,617.61, to be exact) and should be completed by February 2012.

In total, some 65,000 screws, nuts and bolts will be used to reinforce the structure's sturdiness, along with 1,478 grates and 370 metres of ladders.

Around 31,680 metres of plastic tubing will be replaced in the bridge's lighting system, according to figures released by EP.

"These are regular reparations that are being covered within one overall project. They are jobs that entail a watchmaker's precision, and which we will check at each point. They are normal maintenance works that will take place with the ongoing use of the structure and which were identified following inspections", Fernanda Santos,

director of EP's 'Ponte 25 de Abril' office told journalists.

The majority of the work is related to reparation and mechanical construction on stairs, platforms, side-guards, grates and protective covers, as well as repairs to the bridge's surface and applying anti-corrosion products to metal surfaces.

According to Fernanda Santos, the work will take place in an orderly way, without interfering with traffic or circulation.

"All works that might entail some interference or that require the use of the actual road or rail platforms will be carried out during the night, within the timetable given to us by REFER [Portugal's national rail company] and Lusoponte, and we therefore hope that no one will even notice that the work is being done because, if there is a need to reduce the number of

lanes on the bridge to carry out the work, it will always be done during periods when there is not such a flow of traffic that will cause interference to the normal circulation".

While this latest project only targets visible parts of the bridge, EP hope that a sub-aquatic inspection will be carried out by the end of this year.

"We are thinking of doing a sub-aquatic inspection, but do not anticipate repairs, as there are no indications that any type of work is necessary", Fernanda Santos said.

Opened in 1966 the last renovations to be carried out on the Ponte 25 de Abril took place more than a decade ago, in 1999.

It was the first bridge to flank the Tagus River and currently boasts an average daily traffic flow of 150,000 cars, as well as 56,000 annual train crossings.



25 de Abril bridge taken from the Almada side. (Photo: António Cotrim)

## Citizens prefer to cross Tagus by train



The number of people opting to cross the Tagus from one of the 14 stations along the river's south and north banks has continued to grow in comparison to other alternatives, such as boat, bus or car, according to an enquiry carried out by Fertagus.

## Optimus Alive music festival returns to Lisbon

On Thursday this week the annual 'Optimus Alive' musical festival opened its gates and kicked off to the sounds of Faith No More, Alice in Chains, The Drums or The XX, this year boasting an almost total ticket sell-out as well as a 'virtual' stage.

Despite the gloom of the ongoing financial crisis no expense has been spared in making Optimus Alive 2010 one of the best events to date. And for the first time in the history of the festival tickets have sold out to nearly all of the concerts comprising the event's line-up.

Tickets to the concert on the last day of the Festival, Saturday, which is headlined by international acts, Pearl Jam and LCD Soundsystem, sold out completely over two weeks ago.

"It is the first time that 16 days before the Festival has even begun that one of the day's sold out; this has never happened before", said event organizer Álvaro Covões.

In comparison to other similar events, Optimus Alive is described as a more 'particular' type of event, "with little pop".

"It is more an alternative type of festival, with rock and electronic music. What we tried to do was create a concept with music trends that are currently 'in'", Álvaro Covões explained.

Another novelty introduced to this year's Optimus Alive festival, which this weekend will take over the Algés boardwalk, is a 'Virtual Stage'.

Other famous bands that

will, over Thursday, Friday and Saturday this week, grace the Passeio Marítimo de Algés, include Alice in Chains, The Drums, La Roux, Hurts, New Young Pony Club, Gossip, Devendra Banhart and Gogol Bordello, accompanied by 'electro' acts, such as Simian Mobile Disco and Calvin Harris.

In total some 90 acts will take to the various stages that make up Optimus Alive. Some of the most highly anticipated moments of the festival are the performances that will take place on the 'Virtual Stage', similar to ground-breaking 'virtual band' Gorillaz.

Various Portuguese artists, such as Gomo, Paulo Gonzo, Carminho and Homens da Luta have been filmed and will be transmitted onto the 'Virtual Stage' using state-of-the-art technology to create three-dimensional, life-size holograms to make up a virtual reality set.

This year the organization claims it has experienced a demand from foreigners that has been "extraordinary", with more than seven thousand tickets having been purchased outside of Portugal, many by Spanish and British festival-goers.

Fertagus is a concessionary company that manages and explores the stretch of track that includes the 25 de Abril Bridge.

According to Fertagus's survey into rail customers' satisfaction, "in terms of global satisfaction, Fertagus achieved a score of 4.5 on a scale of one to five points".

A press release from the company further reveals that, as an alternative to the train, rail clients would rather cross the river by boat (25%), car (20%) or by bus (12%).

However, in comparison to previous years, fewer passengers said they would rather cross by car, mainly because of 'congestion on the bridge' (50% of those involved in the survey gave this as the main reason for not using their car) and 'the price of fuel' (38%).

The majority of those involved in the survey said they believed crossing the Tagus by train contributes to an effective improvement in their quality of life, stating the 'reduction of stress' (40%), 'more free time' (31%) and 'better flexibility' as key improvements.

Involved in the annual customer satisfaction questionnaire were 1,104 women and 930 men.

## Cascais Town Hall contradicts health service by deeming all local beaches "excellent"

Cascais Town Hall this week announced that all of the beaches in its county are of "excellent quality" in terms of their seawater, completely contradicting the recent opinion expressed by the National Health Service (DGS), which said four of Cascais' beaches were not fit for swimming.

In a press release Cascais Town Hall said "regarding this present beach season, the waters off the beaches of Cascais are still showing excellent quality, deserving of their classification of being appropriate for swimming, within the legislative parameters currently in force".

"The results from 145 analyses carried out during the month of June, namely those carried out as part of official state checks, are all irrefutable proof of the excellent quality of water on the county's beaches", it read.

Last Friday the head of the DGS' environmental division, Paulo Diegues, told Lusa that four of the region's beaches - Pescadores, Duquesa, Rainha and Conceição - were still not fit for swimming.

The four afore-mentioned beaches are not included on this year's list of 'Beaches and Bathing Spots 2010', which was published in the Diário da República government gazette this month.

However, at the beginning of this month Cascais environmental councillor and Vice-Mayor Carlos Correia announced that all of the region's beaches boasted "excellent" water quality following improvement work that had been carried out on the Vinhas stream.

"If the current analytical data shows a good quality [of water] it represents a positive aspect and there would apparently be no imminent risk to public health. However, the classification must take into account a four-year history. It is not because water tests carried out at the beginning of this year's beach season show that water is adequate [for swimming in] that it automatically changes the beaches' classification" explained Paulo Diegues.

According to Mr. Diegues,

"the beaches in question showed [in earlier tests] a dubious quality and therefore were classified as unsuitable".

He concluded "bathers are free to choose whichever beach they would like to spend their free time on, and should prefer beaches that are approved and looked after, both in terms of water quality and in terms of safety".

In response, Councillor Carreiras stressed that all steps had been taken to ensure the safety of every bather and guaranteed that if the beaches were not of a sufficient condition they would be closed.

"It is a question of bureaucracy and I will not feed controversy. Bathers can come to the beach and swim in the water with no concerns, and if they are worried, the results are posted at the beaches and can be viewed", he said.



**LEITÃO & IRMÃO - ANTIGOS JOALHEIROS DA COROA**

We are the jewellers of the crown of Portugal, appointed by King Luis I.

We hold the oldest hallmark as silversmiths of this country.

We produce hand crafted gold and platinum jewellery.

Visit our shops at **Travessa da Espera 8 and Largo do Chiado 16 in Lisbon.**

We are waiting for you!

Tel.: 21 3424107 / 21 3257870 email: loja@leitao-irmao.com

**OEIRAS has a new International School opening in September!**

OIS is an International Baccalaureate (IB) candidate school offering an international curriculum.

Visit our website at [www.oeiasinternational.school.com](http://www.oeiasinternational.school.com) to see more, or arrange to visit us by phoning 919 241 735



Chair Empie, Principal  
[info@oeeiasinternational.school.com](mailto:info@oeeiasinternational.school.com)

ENGLISH DENTAL SURGEON

**Dr. Francis Haley**

B.D.S.

(Guy's Hospital, University of London)

Av. 25 Abril, 184 - 1°C 2750 - 511 Cascais

Tel: 21 486 3012

<http://clinic.cdhalley.pt>



# Nottingham Forest and Peterborough to play Olhanense



Players and fans celebrate the teams promotion to the premier league at the José Arcanjo stadium in Olhão. (Photo: Luis Forra / Lusa)



Former European Cup Champions Nottingham Forest, who lost out on promotion to the Premier League last season when they were beaten by Blackpool in the play-offs, will play Olhanense in a pre-season friendly at the José Arcanjo Stadium, Olhão on Saturday 17<sup>th</sup> July kick-off 9.00pm.

Tomorrow (Saturday) night, KO 7.00pm, Peterborough United, relegated from the Championship last season, will be the opposition as Olhanense's new manager Dauto Faquirá has an opportunity to see some of his signings in action for the first time.

Former Middlesbrough and England U17 international Nathan Porritt will be hoping to resurrect his career with the Algarveans. Other signings include Cameroon centre-forward Jean Paul Yontcha (Belenenses), Former Benfica goalkeeper Moretta, right-winger Jorge Gonçalves (V. Guimarães),

midfielders Delson (Larissa, Greece) and Fernando Alexandre (on loan from Sp. Braga).

Castro and Ukra, on loan for the last two seasons, have returned to FC Porto whilst another loan player, goalkeeper Ventura has moved down the coast to Portimonense. There are now some 200 expats who follow Olhanense and for further information about the club's activities please contact: Chris Wright 916 504 903, (email: Christopher.wright@hotmail.co.uk) or Emily Richardson 939 486 807, (email: neilandem@sapo.pt).

V. Guimarães, who finished

sixth in last season's premier league, will prove to be stern opposition for the first game of Olhanense's new season on the weekend of 14<sup>th</sup>/15<sup>th</sup> August.

The following week they travel to Coimbra to play Académica where former Olhanense manager Jorge Costa is now in charge.

September sees two exciting games with a visit to Lisbon to take on Sporting on 11<sup>th</sup>/12<sup>th</sup> September with the big local derby against Portimonense in Olhão the following weekend 18<sup>th</sup>/19<sup>th</sup> September. Fans will have to wait until May next year to welcome the league champions Benfica.

## Toddler dies in Quinta do Lago pool



A three-year-old girl died after falling into a pool at a private luxury villa in Quinta do Lago, where her grandmother was working as a cleaner, and drowned.

Like many times before toddler Beatriz had accompanied her grandmother to work, to clean a villa in a luxury condominium in Quinta do Lago, Almancil.

Reportedly, the toddler was familiar with the property in question and is believed to have fallen into the pool after accidentally dropping her doll into the water.

Rui Carrega, the child's father, told newspaper *Diário de Notícias* "both the grandmother and the owner of the villa saw her fall in and immediately ran to her."

"It was a matter of seconds, the man immediately gave her mouth-to-mouth, still she vomited..." the father trailed off.

After the INEM emergency medical crew arrived they tried to revive her for forty minutes, next to the pool, continuing their efforts in the ambulance all the way to Faro Hospital's paediatric department, where preparations had been made for her arrival.

For another 30 minutes doctors tried to save the toddler, unsuccessfully.

The little girl lived with her parents and grandmother in Areal Gordo, a rural area of Faro.

She was the only daughter of Rui and Maria Carrega aged 26 and 25 respectively. Maria Carrega has her daughter's name

tattooed on her wrist.

It is believed the girl, who is thought to be the first child to drown in a pool in the Algarve this summer, did not spend more than two minutes in the water.

In 2009 at least 17 children lost their lives to drowning, fewer than in 2008.

Drownings are the second most common cause of accidental death in Portugal.

## Group arrested in Loulé on suspicion of kidnapping

Five people were arrested during the early hours of Thursday morning in Loulé last week, in connection with the kidnapping of a 37-year-old man, the PJ police revealed.

According to the PJ police, the arrest took place "During the night of June 30th to July 1st, on an Algarvean road", at which time "the detainees had swung a vehicle in front of the car in which the victim was travelling, cutting off his path and forcing him to stop".

The police statement further explained that the victim had been pulled from his car and dragged into another vehicle, while being beaten by the attackers.

After bundling the victim into their vehicle the suspects, four men and a woman, believed to be aged between 20 and 30, contacted the man's partner and demanded a cash sum as well as a car, in exchange for his release.

A handover location was given.

With the help of Portimão's Investigation Department and Loulé and Portimão's GNR forces, the PJ police were able to locate the victim with one of his kidnappers.

Subsequently, as a result, the remaining four suspects were quickly identified, intercepted and also detained.

"Facts point to a suspected botched business deal between the victim and one of the kidnappers", a press release stated.

The suspects will stand before judicial authorities in the imminent future, to be served with provisional measures considered appropriate, the statement added.

## Now you can shop online and get Algarve Removals to deliver to your door



Simply shop with any major online retailer and we'll deliver to your door in the Algarve within 7 days.

Just follow these 5 simple steps:

- 1 Place your order with any online retailer.
- 2 Assign your consignment to Algarve Removals and let the supplier deliver to our warehouse at Chantry Lane, Boreham, Chelmsford, Essex, CM3 3AN.
- 3 Then click on [algarveremovals.com/bookingconfirmation.htm](http://algarveremovals.com/bookingconfirmation.htm) and complete our online booking form.
- 4 We'll check your order on arrival and email to confirm your goods have arrived safely.
- 5 Once your goods have arrived in the Algarve we will call you to arrange delivery/collection.



Call us now for a FREE quote UK Tel: 0044 (0)1245 468888 Algarve Tel: 00351 289 513851  
Mob: 0044 (0)7711 179842 Mob: 00351 968019226

Email: [sales@algarveremovals.com](mailto:sales@algarveremovals.com) [www.algarveremovals.com](http://www.algarveremovals.com)

In Algarve count on us to do your advertising in company gifts, radio and press

**Summer Promotion 2010**  
Have always offers, to give "away" to your clients!

White T-shirt 140/150 grs. <b>2,18€</b> x 100	T-shirt Color 160grs. <b>2,90€</b> x 100	T-shirt for lady 165/170 grs. <b>2,50€</b> x 100
Polo Club Cotton 170 grs. <b>5,33€</b> x 100 <b>6,50€</b> x 100	Jazz Polo lady Cotton 170grs. <b>4,85€</b> x 100 <b>5,95€</b> x 100	

All prices includes printing area 9 x 6 cms

Pen Since 0,25 € See more information in [www.anelhoropcao.com](http://www.anelhoropcao.com)

For more information or ideas for other articles, contact us!  
Packet 10 units. Individual packets add € 0.15. Delivery time - 8 to 15 days.

This prices includes the printing 1 side/1 color. Add postage and VAT  
Sales Conditions: 50% with the order + 50% layout approval  
[www.anelhoropcao.com](http://www.anelhoropcao.com) / [www.inalves.com](http://www.inalves.com)  
289 72 10 50 - 968 63 94 68 / [inalves@mail.telepac.pt](mailto:inalves@mail.telepac.pt) • OLHÃO

## Thinking of getting married in the Algarve?



Why not take advantage of the low season - airfares are a real bargain and hotels are offering superb rates. In one day we can help you choose suppliers and view possible venues that will meet your requirements. Our preview day service is unique, personal and very cost effective.

Call +351 934 809 144

[algarveblessings.com](http://algarveblessings.com)

Step back in time 1838 to 1932! Visit

**FARO JEWISH HERITAGE CENTRE**  
Synagogue Museum **Free Entry**

The only remaining vestige of the 1st post inquisition Jewish Presence in Portugal  
Open Weekdays 9h30 - 12h30 & 14h00 - 17h00

Tel: FJHC: 289 829 525 • Sr. António (Guilde): 925 071 509  
Ralf: 968 440 414 • email: [Ralf.Pinto@sapo.pt](mailto:Ralf.Pinto@sapo.pt)  
[www.farjewishheritagecentre.org/](http://www.farjewishheritagecentre.org/)



# 'Biker City' taking shape though turnout could be hindered by crisis



Preparations are in full swing for the famous, annual International Faro Bikers Gathering, which will this year celebrate its 29th anniversary and will run from July 15<sup>th</sup> – 18<sup>th</sup>.

Last year more than 22,000 bikers from all over the world flocked to the annual meet, though estimates for this year's turnout are slightly more reserved.

Organisers have acknowledged that, due to the crisis, it may be unrealistic to expect the same turnout as in previous years.

In an interview with Lusa News Agency, José Amaro, president of the Moto Clube de Faro (which organises the event) said he hopes there will not be a significant loss in visitors, though admits it will be difficult to beat last years' attendance.

To help the situation, ticket prices were not increased this year, staying at €40 for a four-day pass, as in previous years.

Around 50 volunteers are already hard at work, transforming the land at Vale das Almas, near Praia de Faro, into 'Biker City'. Numerous tents are being erected, ready to receive the large travelling groups, as are the stages, entertainment tents and fencing to enclose the venue.

As well as the usual acrobatic exhibitions, bike displays, competitions and entertainment, a musical line-up featuring ex-

Supertramp Roger Hodgson (with band), Portuguese band Blasted Mechanism, and popular Czech singer Ana Popovic, as well as other national and international acts, will take place nightly.

There will also be an exhibition dedicated to two bikers who travelled to Guinea Bissau, carrying medicines, as part of the 'Heart of Guinea – Expedition 2010' project, as well as an official handing over of two ambulances to the Faro Red Cross.

Established in the 1970's and officially legalised as a club in February, 1982, the Moto Clube de Faro has been organising the annual International Faro Bikers Gathering since the year of its inception and has done so without interruption until today.

The club was founded by a group of friends who shared the common passion of motorbikes, and currently boasts more than 400 members.

Its recognition as well as the annual gathering's popularity has been consolidated by reports in the international press, as well as the placing of a Silver Bike statue on Faro's Gulbenkian Avenue, one of the city's main roads, in honour of the club.



Volunteers work to build 'Bikers' City', in Faro, ahead of the massive annual gathering from July 15<sup>th</sup> – 18<sup>th</sup>, which will welcome thousands of bikers from all over the globe. (Photo: Luis Frooa/Lusa)

## UK FOOD SUPPLIES

4 Steak Pies  
4 Steak Puddings  
**Only €3.00**

Wine gums  
Jelly babies  
Liquorice Allsorts  
200g **Only €1.50**

**Smoked Bacon 400g In Stock**

**All Chinese meals now only €1.50**

Call us 282 098 497 or drop into our Lagos Store  
Rua Francisco Xavier Ataíde, Lagos 8600 - 775

[www.ukfoodsupplies.com](http://www.ukfoodsupplies.com)

## UK'S LARGEST COMBINED PLUMBING & DRAINAGE COMPANY IS NOW IN PORTUGAL

**Offering Fast Professional Service  
Throughout The Algarve**

### DrainDoctor®

CANALIZAÇÕES

All Plumbing  
Drain Cleaning  
CCTV Surveys

Jetting  
Root Removal  
Drain Relining

**On Call 24 hours/7 Days A Week  
Call: 289 425 480  
For Speedy Service**

### LET THE MAGIC IN

**ALGOZ**  
Nr Algarve Shopping  
Tel: 282 575 061

[www.letthemagicin.com](http://www.letthemagicin.com)  
email:  
[weborder@letthemagicin.com](mailto:weborder@letthemagicin.com)

All your favourite products from the UK - we focus on bringing you the BEST range, at the BEST prices with the BEST service

The widest selection of linen and towels in the Algarve

**New curtain showroom now open**

## LINEN WAREHOUSE

Live life in comfort

**27 Estrada de Vale de Eguas Almancil**

**Tel: 289 396 385**

email:  
[linenwarehouse@sapo.pt](mailto:linenwarehouse@sapo.pt)

**OPENING HOURS:**  
Mon- Fri 10- 6  
& Sat 10-5  
(Closed 1-2 for lunch)

(on the left hand side of the roundabout coming into Almancil off the EN 125 from the Bolíquieme direction)

**Sheets, Towels  
Pillows, Cushions  
& Duvet sets etc.**





## Take your company to the heart of the Algarve's most exclusive area

The Golden Triangle Exhibition is designed to meet the needs of the most discerning, demanding and wealthy spenders.

Set in the luxurious surroundings of the Vila Sol Hotel Ballroom,  
everything is designed to create the perfect business atmosphere,  
right down to a special VIP Entrance and Lounge,  
Waiter Service to every stand  
and all the facilities a five-star hotel has to offer.

Stand prices start from as little as €220 (plus IVA)

Vila Sol Hotel Ballroom

Saturday October 2nd & Sunday October 3rd

Call (+351) 282 380 317

or [sales@algarvefair.com](mailto:sales@algarvefair.com)

[www.algarvefair.com](http://www.algarvefair.com)

The Golden Triangle Exhibition is organised and sponsored by *The Portugal News*  
(organisers of The International Algarve Fair)





## House of Glass



House of Glass was established by Steven Emerson to provide clients across the Algarve with quality, bespoke glass products ranging from "Glass Curtains", balustrading, fencing, bathroom glass and mirrors to glass furniture.

Steven's family background in the glass industry enables him to provide clients with a complete glass service.

At House of Glass everything for your bespoke glass product is organised professionally: from design, plans and fabrication to the installation of beautiful, modern, safe and practical products for all your house and garden. One of House of Glass' products that Steven is very excited about are their "Glass Curtains": "Our frameless Glass Curtain systems for terraces and balconies effectively provide an extra room to a property without requiring lengthy planning applications. Although the Algarve can be lovely and warm, there is often a strong cool wind. The Glass Curtains protect from this, whilst still allowing uninterrupted views"

Suitable for residential as well as commercial uses, the system offers more flexibility than the traditional 'concertina system' in that all of the panels are separate from each other, and not connected.

The new laws regarding child drownings in swimming pools has seen a surge in demand for glass pool safety fencing. Legislation passed by Councils demands that all rental properties will have to be fenced in with a childproof gate to protect children.

"Our glass fencing is perfect for around the pool as it allows parents a complete view of the children, whilst they are also aesthetically pleasing and again provide protection from the wind. Whilst legislation is still to be finally decided, the fines in France for example start at €40,000 for any instances regarding this" said Steven.

Glass balustrading for both interior and exterior is at the forefront of most architects and designers plans these days.

House of Glass installs glass balustrading for stairs and balconies using the highest quality glass and stainless steel fittings. As Steve points out "Living in the Algarve is actually like being at sea. Having the Atlantic ocean on 2 sides of the Algarve means that we encounter the humidity, heat and salt in the air as if we were at sea, so we use marine grade 316 stainless steel on all exterior applications, which maintains its quality and appearance over a long period. "House of Glass can create or transform an existing bathroom into one of the most modern and space efficient bathrooms you could imagine: From shower doors and screens to full wetroom installation and mirrors, our designs can incorporate a client's personal touch, such as sandblasting of individual designs".

So whether you want to make more use of your terrace in the cooler months, protect your pool or just need a piece of toughened glass for a table top, feel free to visit the showroom on the EN 125 between Vilamoura and Quatro Estradas.

## Algarve Blessings, creating dream weddings



What makes Algarve Blessings different?

Your personal wedding planner Natasha Luckman has more than 30 years' experience living and working in the Algarve, where she has organised many weddings and other large events. She has the insight and experience to ensure your dream day is everything you could wish for and more, with an attention to detail that is the ultimate personal touch.

Boasting the contacts and knowhow that is hard to match, Algarve Blessings can cater for everything necessary to create one of the most special days a couple will ever experience; from finding a venue to bureaucracy, and guaranteeing the event runs without a hitch.

The main aim is to take all the stress of planning the big day off of clients' shoulders, whether they live in Portugal or abroad.

Algarve Blessings has an impres-

sive portfolio of possible venues for any size or style wedding, ranging from intimate beachside ceremonies to extravagant affairs at some of the Algarve's most prestigious locations.

Whether formal or informal, guests will experience a moving ceremony in your location of choice, be it the beach, private villa or a hotel or restaurant, with delectable menus and entertainment to suit all tastes.

Algarve Blessings are versatile, flexible and imaginative, and can work within most budgets without compromising quality. Weddings in the Algarve are beautiful all year round, though as a tip, off-season weddings can often be less expensive as the demand is not so high as in the height of the 'Wedding Season'.

Whatever choice you make, whatever season, Algarve Blessings are there to assist and advise you the whole way, and are happy to help with all the legalities.

## Be cool and comfortable all year round

The hot Algarvean summers beg for air conditioning while winters require a little warming up. Pools are used constantly in summer but left untouched in winter. And when was the last time you cleaned your air conditioning unit? Mr. Cool (Telmo Rodrigues) has the solution for all situations, to create the right temperature for comfortable year-round living, in pools and homes.

Telmo Rodrigues founded Mister Cool alone, as a garage-based shop eight years ago. Since then he has progressed into owning his own showroom and has transformed the name into a thriving business with a team of five (four technicians with two vehicles plus the showroom secretary) working all around the Algarve.

The technicians are fully qualified to carry out the most challenging tasks and always finish a job in budget and in time, leaving the customer happy and willing to call again for their professional and friendly service.

Specialising in air conditioning units, solar panels and pool heat pumps, Telmo Rodrigues says nowadays more and more people are opting for better quality items; mainly for two reasons, first they are cheaper to run and second because they are more environmentally friendly.

Did you know that, besides contributing to an accumulation of bacteria, a dirty air conditioning unit spends more energy, overworks the compressor and makes the air unfit to breathe? Now, when air conditioning units are being used the



most, it is undoubtedly a good time to clean your air conditioner. A clean and disinfected unit is essential for good health and also for the optimum functioning of the equipment. Mr Cool's trained technicians can give all units a professional clean and check-up for peace of mind.

Mister Cool also offers regular customers easy payment plans, which consist of breaking the overall total into two or three instalments.

The majority of Telmo Rodrigues' customers are foreigners and villa management companies who call for his experience in the field, and also for the honesty and transparency on which the company has been built. Although the shop is open six days a week, Telmo is available anytime for emergency call-outs, sometimes having to sacrifice a quiet weekend to keep his customers happy. Located near the Blue Elephant Carwash in Lagoa, the showroom is open weekdays from 09h00 to 18h00 and on Saturdays, closing at lunchtime. Whatever your needs, Mister Cool can deliver.

## Drain King, going where most fear to go



Drain King will get their hands dirty to fix any type of blocked drains, being reachable 24 hours a day, seven days a week, for life's little emergencies. In August last year Drain King was taken over by Andy Dunn, who had been looking for a new opportunity (and, one could presume, a bit of a challenge). After discovering Drain King was for sale he decided to take the plunge (no pun intended) and enter into a new business.

Using the best high-tech equipment available, Drain King can resolve even the most stubborn of blockages, with seemingly effortless ease.

A 90-metre, high-tech pressure hose with a full colour camera on the end is specially designed to pulverize existing blockages, leaving an unobstructed passage for waste. The pressure of the hose is so powerful that the Drain King van has carries a 500 litre watertank on board, as if it were to use water from the mains, it would suck the pipes dry!

The most common problems encountered in the region are roots

growing through the pipes, toilet paper clogging up bends, or grease that accumulates in certain areas.

Andy says that most problems happen because of pipe work that is generally quite poor in Portugal, so these problems occur with more frequency.

Nevertheless, nothing poses a threat to Drain King as the pressure hose annihilates anything in its path. So far, Andy has not been called to return to a job, which proves the efficiency of his equipment.

As access to drains is sometimes complicated and may entail chiselling out inspection chambers or digging a hole, Andy make sure everything is left as it was found once work is finished.

One of his most memorable jobs was an emergency call to a house in Boliqueime where 40 metres of drains, connected to a septic tank, were completely clogged up with toilet paper. He says what came out wasn't a sight for the faint hearted as metre after metre of paper snaked out of the drains. He found it unbelievable it had taken so long to clog up!

## This Week's profiles:



## House of Glass

For more information on House of Glass, please visit their showroom, call 289093067 or 912984255, or email [houseofglass.algarve@gmail.com](mailto:houseofglass.algarve@gmail.com).



## Mr. Cool

Do not hesitate to give them a call for a quote or information on 282 381 364 or speak to Telmo directly on 917 175 818.

Alternatively, e-mail: [mistercool\\_telmorodrigues@hotmail.com](mailto:mistercool_telmorodrigues@hotmail.com).



## Drain King

Drain King is based in Figueira and is on 24 hour call for any emergency, all over the Algarve.

For more information, please call Andy on 918 647 305, 282 471 335 or email: [drinking8@aol.com](mailto:drinking8@aol.com).



## Algarve Blessings

For more information, see website: [www.algarveblessings.com](http://www.algarveblessings.com), email: [info@algarveblessings.com](mailto:info@algarveblessings.com), fax: (+351) 282 380 308, or call tel: (+351) 934 809 144.

If you would like YOUR business's profile to feature on 'Trading Places', call our Sales Manager on telephone: 707 500 677.



## Barringtons secure first victory in Portuguese National Cricket League



The team.

The first game of the National Portuguese Cricket League took place between Barringtons Cricket Club and A.C.C. of Lisbon, the current National champions near Alforzel, a suburb of Cartaxo.

Barringtons' skipper Stuart Eustace and James Freeman opened the innings and valiantly stood their ground scoring 50 runs by the 7<sup>th</sup> over; the skipper elegantly punched the ball through the covers to bring up his

50 and scoring the highest score of day – 87, eventually being bowled attempting a sweep shot. On the platform laid by the openers, the top order blasted Barringtons to their highest total in a League match with a useful

19 in the last over from Sajid to bring up a total of 220-6 after 40 overs, which proved beyond the reach of the experienced A.C.C line up who fell 50 runs short.

A good batting display was backed up by fine bowling led by Sam 'The Cobra' Ajwani and a pin point pace attack from the seamers. The bowling was supported by a fantastic fielding performance capped with a fine catch in the deep removing the A.C.C top batsmen – Rizwan for 40 runs. Victory was especially sweet for the team from the Algarve as it was their first win since Barringtons' induction into the National League last year and it was 'away from home'.

Barringtons will be hosting Wimbledon Cricket Club (u23 side) later this summer. All spectators are cordially invited to come and watch the team in action, for more information telephone Barringtons: 289 396622 or e-mail: barringtons.cricket@hotmail.com.

## New Estoi Rotary Club President

Kent Ringborn, retired Captain of Royal Caribbean Cruise Line, has taken over the 'helm' as the new President of Rotary Club Estoi Palace International. Kent takes over from the previous President, the Honorary Swedish Consul, Agnete Sylvan.

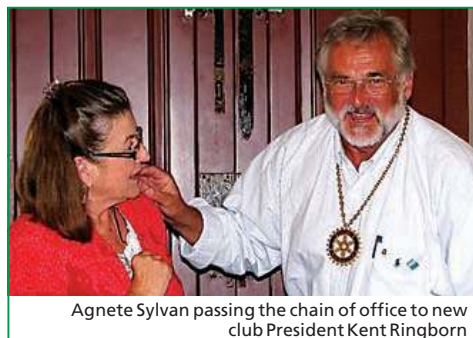
The handover took place during the club's lunch meeting on 29<sup>th</sup> June at Estoi Palace. The club members were joined by the new Assistant District Governor for the region, Mr. Silvério Guerreiro of Rotary Club Loulé, members

of the recently established Rotary Club Porches International – Algarve West and other visiting Rotarians. Friends and family members were also present.

Captain Kent, a Swedish Citizen, has lived with his wife Inge in Moncarapacho for 18 years. His participation with Rotary started as a member of Rotary Club Alcanil International in 2006. This was followed in 2008 by an invitation to become a charter member of Rotary Club Estoi Palace International.

For further information about Rotary Club Estoi Palace International, please visit:

www.rotaryestoi.org or e-mail: secretary@rotaryestoi.org



Agnete Sylvan passing the chain of office to new club President Kent Ringborn

## Bowls Algarve – Summer League

The final round of matches took place on 1<sup>st</sup> July at the Pedras Club. The very hot sunshine affecting everyone. Albufeira Cats chalked up a very good win against the Alvor Larks, who have been challenging for the title all season, winning 32-27 and by seven points to three. Pedras had a good win on their own green against Tavira, edging home in a tight match by 35-30 and taking eight points against two. In the final match of the morning session, champions – elect Alvor Kestrels took on a strong Alvor Doves side, who have only lost two matches all season. Kestrels won by 44-33 and by eight points to two, maintaining their unbeaten record this season.

The afternoon saw PDF Pirates continue their excellent form with a 42-21 victory over Amendoeira, earning themselves eight points against two. Pirates have recently hauled themselves off the bottom of the table to finish a creditable fourth. Finally, Valverde played Alvor Eagles,

who earned a good victory by 35-29 and six points to four. The Eagles have played very well in this their first season, despite finishing bottom of the league.

So, Kestrels take the honours with 75 points, the most shots scored and the least against and the best shot difference. The Larks finished second on 59 points, with the Doves ending third on 49 points. Pirates equalled Tavira with 42 points, who had an inferior shot difference. Valverde finished sixth with 40 points, just ahead of Amendoeira who had a total of 38. The Cats have had somewhat limited resources all season, but with 35 points came eighth, equal with Pedras in ninth, who also struggled with a small squad of players. The Eagles finished tenth with 31 points proving to be worthy competitors.

Bowls Algarve now takes a short summer break until the major winter league and the Inter – club competitions in September – October and the merry go round starts up once again.

Alan Clarke – League Director

## Bike rides

**Saturday, 10th July:** Bike ride starting in Pademe. Meet at the car park outside the football stadium at the bottom of the hill at 09.45 for a 10.00 start. This will be a fairly challenging ride of around 30 km on a mixture of tarmac roads and also dirt tracks. There will be a cafe stop somewhere along the route.

**Sunday, 11th July:** Bike ride starting in Faro at Forum Algarve shopping centre. Meet by the roundabout outside Forum Algarve at 09.45 for a 10.00 start. This will be a mostly flat and easy ride of around 30 km on a mixture of tarmac and also dirt track roads. We will bike to Olhao where there will be a cafe stop.

**Wednesday, 14th July:** Bike

ride starting in Quinta shopping at De Barra. Meet at De Barra at 6.20 pm for a 6.30 start. This will be a fairly challenging ride of around 30 km on a mixture of dirt tracks and tarmac. There will be a drinks and snacks afterwards at De Barra.

For more information call Paul Beesley on 913226954 or e-mail: paul.beesley@sapo.pt or visit 'Algarve Bike Rides' on Facebook. Bike rides



## Insure your property in Portugal through The Portugal News

### PROPERTY INSURANCE

**UP TO 40%**

**RISK RELATED DISCOUNT ON PROPERTY INSURANCE**

This exclusive Intasure policy, underwritten by **LLOYDS OF LONDON**, has been specially designed to meet the needs of property owners in Portugal. It is available exclusively through **The Portugal News** in Portugal.

For more information, call 707 500 025.

You will receive friendly advice and a quick quote with absolutely no obligation.

- ✓ Buy on the phone
- ✓ Instant cover
- ✓ Underwritten by LLOYDS OF LONDON
- ✓ Fully comprehensive cover
- ✓ Policy documents in English
- ✓ High level of public liability

As an owner of a property in Portugal make sure you get the right insurance cover, designed specifically for you.

- Your cover is underwritten by one of the world's leading insurers - **Lloyds of London**
- Up to 40% risk-related discount available, depending on security, claims experience, excess level and your age
- Your property is covered whether occupied or unoccupied
- Your property is covered if let short term or long term
- Excellent discounts for choosing higher excess
- All policy documents are in English
- Policy covers your swimming pool as well as buildings
- Policy covers public liability of £5m or €7.5m in regard to buildings and contents (traditionally, Portuguese policies provide minimal public liability cover)
- Loss of rent included following a claim
- Covers the purchase of your home during the period between exchange of contracts and completion
- Covers temporary accommodation following a claim
- Wider cover than a standard Portuguese buildings and contents policy
- Wider cover than a 'community' policy
- All claims are reported to and resolved by a UK based English speaking team
- Optional Accidental Damage cover
- Off-Property Cover available
- Policy available in either GBP or Euros - Claims paid in either

**The Portugal News**



**intasure**  
Insurance that speaks your language

Call 707 500 025 for more information and a quick quote

Authorised and regulated by the Financial Services Authority

## Calling All Saints Adventurers and their Friends

**COUNTDOWN TO HIGH SEAS EXPEDITION**  
Just 2 weeks to go!



**Hi I'm Salty**

I'm in charge of the Ship's Wheel on All Saints 'Adventurer of the Seas' and I'd like to remind you to come and join us for our

**High Seas Expedition**

19<sup>th</sup> - 23<sup>rd</sup> July 2010 - 10am to 3pm  
A week long fun filled high energy bible camp for Children of all ages

Bring all your friends!

São Lourenço International School: Alcanil

Cost: 30€ per child - 5 years to 13 years

Want to know more? Call Jo 916196077

or book your place TODAY - call Wendy 289 413754

Watch out next week for my friend Lacey!





## Kids enjoy adventure



Pictured: AIRC Member Selma Cazes on the left and Sra. Fatima, Assistant at the Fundação

Almancil International Rotary Club (AIRC) funded a trip to Kidzania in Lisbon for twenty children, with ten drawn from Loulé and Quarteira and the other ten from various outlying parishes of the Concelho de Loulé.

The Fundação António Aleixo sourced the children ranging in age from eight to fifteen and provided the transport. AIRC Member Selma Cazes accompanied the group. This was an outing for children who would normally not

get the opportunity to travel to such an exciting venue and although it was a very long day, a fabulous time was had by all. AIRC has a long-standing relationship with the Fundação António Aleixo, having supported them in the past at the Quarteira Community Centre with purpose-made Playground matting.

For further details about AIRC please see their website: [www.rotaryalmancil.org](http://www.rotaryalmancil.org) or tel. 289432286.

## Aylesbury2Algarve4Uganda

UK Student 18 year old Will Burton is nearing the completion of his solo mammoth cycle ride 'Tour D'Europe', 1800 miles from Aylesbury in Buckinghamshire, England to Carveiro in the Algarve, Portugal. The sponsored cycle ride is to raise funds and awareness for a Ugandan charity project for orphaned children. The Quicken Trust has established support and research in the village of Kabbubu [www.justgiving.com/Aylesbury2Algarve4Uganda](http://www.justgiving.com/Aylesbury2Algarve4Uganda) link gives more information.

Will is on a gap year before starting at Manchester University. His brother went to Uganda on a school trip and brought back photos and information which inspired Will on his venture. He has been a keen cyclist for many years and has been in training for the past few months.

He set off from Aylesbury on 23<sup>rd</sup> June cycling to Portsmouth and hopping on a cross channel ferry to Caen. His first taste of French roads was a hefty 120 miles to Le Mans, and onto Niort and Royan on the west coast. He then cycled down the Atlantic coast to Biarritz, crossing the border to Spain on the 29<sup>th</sup>. His first night in Spain was in Pamplona in the Pyrenees. Next day disaster struck when the back frame of his bike broke and an accident to his hand required 6 stitches. Undeterred he was cycling again the same day and continued to his next destination.

Sunday, 4<sup>th</sup> July he was on the Spanish/Portuguese border in Badajoz and will continue the final 200 miles to Carveiro hopefully arriving late Tuesday or Wednesday 7<sup>th</sup> at his family home in Carveiro.

## America, America ...

America the beautiful, The Battle hymn of the Republic, and the Star Spangled Banner were some of the rousing melodies accompanying the hearty singing, practically raising the roof of St. Andrew's Church in Lisbon on 4<sup>th</sup> July.

A special service was held to commemorate the American Day of Independence. During the Reflection, given by the guest American Baptist Preacher Ray Young, he made references to President Abraham Lincoln's famous Gettysburg Address in 1863 and to the "I

have a dream..." speech given 100 years later by Martin Luther King Jr. in Washington D.C. during the Civil Rights Rally.

Following the service a splendid BBQ took place in the church garden where everyone enjoyed the cooking skills of Preacher Ray Young and his fellow Baptist Preacher Don Dixon and the delights of delicious contributions made by both the American Baptist families and our own church members.

In the truest sense of the words God did indeed bless America.



Guest Preacher Ray Young (l) with fellow Baptist Preacher Don Dixon

## Once again – history made in the Algarve

First *Brith* (circumcision) in over 87 years. Research shows the last recorded *Brith* as that of Abraham Toledano in June 1923, in Faro, capital of Algarve.

A first child, a bonny boy, was born to Oded and Yoniet Sayag at Portimão Hospital. The family live in Albufeira and the *Brith* took place at their apartment, eight days later, on 29th June 2010. The baby's name is Idan.

The *Brith* was preceded by a lovely lunch attended by family and friends. The *Mohel* was Rabbi Gabriel Simons who was flown in from England and returned home that same evening.

*Mazeltov!*

## Obituary



Thea Moeller

5.06.1934 - 25.06.2010

*Wenn du gehst, so gehst du nur zum Schein.  
Das, was du bist, das rührt sich kaum.  
Du bist nicht fort, und ich binnicht allein.  
(Rilke)*

With a heavy heart we announce the passing of our beloved Thea Moeller née Goldman, who is now reunited with Klaus.

Isabel Moeller and Willem Verschure Klaus Moeller, Jan, Katja, Marten, Tia and Hayden.

## Vale Verde's swinging 'Mamma Mia'!



Donna (Olivia Carter) sings away her troubles.

Vale Verde International School Secondary Department put on two nights of an adapted version of the musical play 'Mamma Mia' in the school theatre, performing to audiences of parents, staff, friends and members of the local community. Directed by Dianne Ferrari and assisted by Suzanne Catron, Harrison Lechley and Rosie Wright, the cast of 32, backed up by a 14 strong band, representing students from 11 – 18 years of age, delivered two hours of first class entertainment.

The story line is really quite simple. An unmarried mother (Donna) seeking out a meagre existence running a bar for tourists on an idyllic island is pleased when her daughter wants to get married. However matters become very complicated when the daughter (Sophie) in her quest to meet her unknown father, invites all her mothers' old boy friends to the wedding! Fortunately all comes right in the end with a double celebration.

The acting clearly reflected careful study of the characters ranging from the vulnerable Sky (Joe Gurnett) to the manipulative and strong-willed Sophie (Jessica Martin), and there was also a good sense of opposites attracting in the chemistry between the usually self-assured Sam (Leo Bourne) and the embittered Donna (Olivia Carter).

Much humour was provided by the constantly puzzled Bill (Caz Carter) and the boy friend turned banker Harry (John Hart). The female duo of Rosie (Hollie Blades) and Tanya (Rosie Wright) brought the house down whenever they appeared, the VVIS equivalent of French and Saunders! Meanwhile Ben Davis as narrator/compère had more the quality of Alan Partridge. Joana (Emilie Bragginton) did a good job keeping discipline in the household.

The Abba musical numbers ranged from the stirring items such as 'Money money money' and 'Mamma Mia' to the passionate 'Lay all your love on me' and the romantic 'Slipping through my fingers'. The quality of singing was excellent, not least so in the delightful voice of Alice Millward (Sophie in the dream).

In addition to the accompaniments by the band, individual keyboard accompaniments were provided by Hollie Blades and Shivam Tanna.

Much collective thought had clearly gone into the choreography, and the dance items proved exciting with performers bringing the stage to the audience. Whilst it is impossible to comment on all performers individually, VVIS certainly has a multitude of talent in its younger performers to replace the older students as they leave for university and other, new pastures.

All community news is welcome on this page. If you are involved in a local non-profit making project or have raised money for charity we would like to hear from you. Please send your stories to [copy@theportugallnews.com](mailto:copy@theportugallnews.com)

## First Hindu wedding ceremony in the Algarve

Algarve is becoming a desired destination for Indian Couples to get married. On 25th June 2010 Natalie and Jay were the first couple to celebrate their Hindu wedding ceremony in the Algarve. The wedding ceremony was blessed by Shastreeji.

Mr. and Mrs. Dhokia and fam-

ily, of Coventry, UK, celebrated their son's wedding in Albufeira with Natalie's parents Mr. and Mrs. Berry, who also enjoyed a second day of celebrating in the Sheraton Algarve.

More and more Indian couples are becoming interested in marrying in the Algarve due to

warm conditions and authentic Indian cuisine. With help from experts all the suppliers and elements necessary to have an authentic Indian wedding are available in Portugal, making it the ideal location for Indian couples seeking a destination wedding in the sun.



Pictured left to right: Mr. Dhokia, Shastreeji, Bharti Ruparelia (Indian wedding consultant), Jay Dhokia, Natalie Dhokia, Mrs. Dhokia. (Photo: Pink Imaging)

COME VISIT US TODAY TO SEE OUR FANTASTIC COLLECTION!

EVERYTHING YOU NEED TO TURN A PARTY INTO A DREAM PARTY!



- Balloon Delivery / Decorations / Printing
- Party Themes - Hello Kitty / Ben Ten & many more!
- Party Bag Fillers
- Cake Decorations
- Party Table Decorations
- Costumes

**PARTY LAND**  
"Where Fun Parties Begin"

Party Land: Av. Ceuta, Edif. D. Manuel I, Bloco A, Loja A, Quarteira  
Tel: 289 380 602 • [solucoesalegres@gmail.com](mailto:solucoesalegres@gmail.com) • [www.partyland.pt](http://www.partyland.pt)



*The opinions expressed here are those of our readers and not necessarily of The Portugal News. The editor reserves the right to edit letters or refuse publication. Send your letters, which must include your name and full postal address (even if you wish to remain anonymous on the page), and should be under 300 words, to The Portugal News, Apartado 13, 8401-901 Lagoa. E-mail address: letters@theportugalnews.com*

### Volcanic Ash/Experts

SIR, Mr. Lavery (Letters, 8 May) accused the aviation industry of incompetence in its handling of the volcanic ash problem. When I challenged him (19 June), he neither apologized nor realistically justified his position (26 June), but instead dodged to construction industry and public health issues. If he thinks one can declare large tracts of airspace free of ash for hours ahead based only on a few samples, he is way out of touch with reality.

A decision to close an airport requires inputs from a range of professionals, none of whom would call himself an "expert". (That's someone who doesn't know about anything else!) However the term "expert" can be used (not very helpfully) to describe a wide range of people from brain surgeons to toilet cleaners. It therefore makes absolutely no sense for Mr. Lavery and Mr. Clare to insult experts en bloc, or to make general conclusions about them based on observations in one or two industries.

It is only a few weeks since many of Poland's elite were killed in an aircraft trying to land in fog. So it seems rather odd that Mr. Clare is claiming that pilots don't need to see out.

PHILIP VILLAR, Cascais

### Not so simple ...

SIR, I have just been looking through the 26 June edition of your paper - usually accurate and informative. [However, regarding] Page 26, 'Gov't to tackle Al-

garve's illegal accommodation.' You may be living on another planet - at least not in the Algarve - or are relying on information given to you by the government.

The process to license a rental property is NOT simple, it is not a matter of "a handful of forms".

Someone I know has had a lawyer working on [the] registration of his small villa for almost two years. It has already cost several thousand euros and is not yet complete. The cost to date is about the same as this year's rental income. Each time they submit a required document they are told the law has been amended and another document is required - which will require another test or certification or .... or .... and each one costs hundreds of euros.

And as usual here, forms which were accepted six months ago are now out of date and new ones must be completed, and old certificates brought up to date - for another fee. Some people we know are having to remove their properties from rental because they can not afford to complete the rental license process.

I would agree that with some (perhaps many) owners it is straight case of tax evasion - but for many it is the impossible process that prevents compliance.

As you probably doubt my statement why not contact some villa rental agencies (see the ads in your own paper) and try asking them about the problems their property owners are having with this process.

Norman Crocker, (NOT in-

olved in villa rental!). By e-mail

### Welfare delivery to Britons abroad

SIR, I would like to congratulate The Portugal News with regard to the information to its readers on the UK/EU political football of delivering benefits and allowances to Britons residing in the EU abroad. It would be interesting to know if Portuguese pensioners residing permanently in the UK and if entitled, receive Portuguese benefits and allowances. Unfortunately, this is a case of EU member states cherry picking what best suits them from EU legislation/directives. In the meantime, the citizens of the EU and particularly pensioners living abroad who become incapacitated for some reason do not get their full entitlement to benefits, allowances and assistance from their country of birth or residence. It may also be the case that the level of expectation to welfare assistance from UK pensioners living in Portugal is that much greater than their Portuguese counterpart? I would also like to congratulate the editor for the choice of font and background colour for the article; a free eye test to most pensioners trying to read it.

DESMOND BRIGGS BEM, T.R.B.L. Portugal Branch, Carvoeiro

### Re: Your possibly non-intentional fictional article

SIR, I was amazed to find a work of total fiction "Gov't fails to tackle Algarve's illegal accommodation" on your news page (26) of 26th June 2010 edition.

The writer has obviously not made any attempt to try and obtain an "Alojamento Local" license, and the holes in his/her knowledge you could drive a Mack truck through!

I love the sentence, and I quote "all that is required ... is a quick trip to the local town hall to present documents such as a floor plan of the property (and the others? - acquired at considerable cost - both financial and stress related!) and fill in a handful of forms."

This person should be taken out and shot - or has and incredibly warped sense of humour.

Let's go through the procedure:-

Firstly there are NO forms

1) The intricacies of obtaining a Certificate for your electrical installations/gas installations. This has to be drawn up to include the last intricate detail of all electrical or gas appliances.

1) The horror of finding the registered plan of the house doesn't match the existing structure (that's at least two years out of your life to put right - as corrections have to be presented as a new project and started from scratch) Most people give up here!

3) Acquire a certificate from Conservatoria (land registry office) - this is where many people find they don't have all the documents for their property.

4) Acquire copy of rates evaluation from Tax Office - essential document and helpful in tracking others. (Caderneta Predial)

5) Then there's the information that the Câmara employees neglect to inform you has to go on the initial request letter or be included in the wording of this or that document, necessitating endless return trips, time wasted waiting for attention and then being told you still haven't got it right.

6) And for those happy souls who get this far ... YOU TRY GETTING AN OFFICIAL COMPLAINTS BOOK. Again, our non-informative journalist doesn't mention that you need to register with the tax office in your

area, fill in a start of business form and make annual tax returns here on your rental earnings, requiring the services of a book keeper. Only then can you attempt to get aforementioned book.

I would like to state that I have been trying to get three villas registered for a licence since November 2008. Only one has made it to stage 5! I am losing the will to live. Best of luck to those in the process ...

SIÂN HUGHES-ROBERTS, By e-mail

### British passport no longer proof of identity

SIR, On the 11th June I visited the British Consulate as I needed to obtain a letter to prove I am alive and in order to obtain this letter the consulate needed a letter to prove my identification, which is normal.

However, before issuing the required letter and meanwhile having paid for it, I was asked to show proof of identification to which I replied: "You have my passport, issued only three months ago!". The lady attending replied: "This is not proof of identification", and asked if I had a driving licence, which she accepted as proof of identity.

Passport not accepted as proof of identity?!

I do not understand how a passport is not acceptable as proof of identity! In 1968 when I left the UK and have meanwhile worked in many parts of the world, I have never had problems with my British passport. So, it now seems that the British Consulate itself does not accept the highest level of proof of identity although, they will accept your driver's licence!! What has happened to the good old British passport?

A. J. TAVENER, Loulé

### Information please

SIR, Please can you tell me where you received the information for the Article on Page 18 'EU takes action to guarantee care benefits for Britons abroad'.

I am very interested that at last the EU rules state 'That the right to live and work in any other European country is a fundamental right of the EU. As part of this right, the EU guarantees people the benefit of social security cover if they move elsewhere in Europe.'

The experience I have of the UK, is that once you move to

another European country, the UK will not recognise you as a Citizen of the UK and with that they shelve all future responsibilities for you. It's about time they stood up to their responsibilities i.e. paying winter fuel payments to ALL UK pensioners living in Europe. Also pension credits, where needed, which were given to pensioners in UK, but once living in Europe they withdraw. The UK forget that we paid our NI and taxes and in my case am still paying tax on my pensions, and therefore should not be discriminated against by our country of birth.

I know it's a small start for changes to be made by EU rules in UK, providing it gets the thumbs up, but it is a much needed change. If you can give me any information regarding this article, as to where you or who you received it from, I would be very pleased.

ELAINA SELCHOW, By e-mail

P.S. Thank you for putting the TV guide back.

*This is the link for the original press statement issued by the European Commission on June 24th: <http://europa.eu/rapid/pressReleasesAction.do?reference=IP/10/799&format=HTML&aged=0&language=EN&guiLanguage=en>*

### Portugal's economic recovery

SIR, I was disappointed to read in your newspaper that Portugal's road to economic recovery relies basically on bleeding the population white with increased taxes and toll roads. All this will do long term is up the rate of inflation and turn the N125 back into Death Row! However I have come up with a cunning plan to make Portugal rich and famous.

You station a policeman on all four exit roads at roundabouts. Every Portuguese car leaving the roundabout is stopped and fined 50 euros for driving without due care and attention because they never signal. Within a fortnight all the unemployed throughout the land are busy erecting warehouses for the government to store the loot. Six months later Portugal is the richest country in Europe and by now car drivers have caught on and the accident rate is down 75% thus saving a fortune on hospital fees. Simple.

F. STEEL, By e-mail

## Portuguese for Beginners

Emília Rosendo

172

THIS LESSON:  
Regular -ER verbs in  
Presente do Conjuntivo

### ④ Put in the *Presente do Conjuntivo* of the verbs in brackets.

- A Maria não gosta que os filhos **(correr)** dentro de casa, sobretudo nas escadas.
- Eu fico na cozinha, de olho no fogão, até que as batatas **(cozer)**.
- Não gosto mesmo nada que as pessoas **(bater)** violentamente com portas!
- O Pedro espera que, muito em breve, o patrão o **(promover)** na empresa.
- É pena que **(chover)** quase sempre no dia da procissão.
- Eles ficam tranquilos desde que **(receber)** semanalmente notícias da família que vive no estrangeiro há vários anos.
- Deus queira que o exame não **(correr)** mal aos alunos!
- Para que tu **(encher)** completamente o teu mealheiro, precisas ainda de muitas e muitas mais moedas.
- Os cidadãos exigem que a polícia **(prender)** imediatamente os incendiários.

- Os nutricionistas insistem para que as crianças não **(comer)** tantos doces e para que elas **(beber)** mais leite.
- É importante que todos nós **(entender)** a utilidade da reciclagem.
- Por mais que a namorada **(repreender)** o David, ele não muda o seu mau feitio.
- Talvez eu **(vender)** a minha bicicleta de montanha. Quase nunca a utilizo!
- É bem provável que a Anabela **(concorrer)** a uma bolsa de estudos.
- Não acredito que tu **(preencher)** este impresso sem ajuda! Há aqui perguntas muito complicadas.
- Custa mesmo a acreditar que esta escritora, sempre com um discurso tão rígido e revolucionário, **(escrever)** histórias tão leves e singelas!
- Oxalá a viagem **(correr)** bem!
- O vosso advogado espera que vocês **(descrever)** os pormenores com o máximo rigor.

Please send your completed exercises with a STAMPED, SELF-ADDRESSED ENVELOPE, to me: Emília Rosendo at The Portugal News and I will return them corrected. The Portugal News • Apartado 13 • 8401-901 Lagoa. To view/download past lessons go to: <http://www.epaper.theportugalnews.com>

## 'Golden share' in PT is "unjustified restriction"

The European Court of Justice ruled on Thursday that the Portuguese government's 'golden shares' in Portugal Telecom "constitute an unjustified restriction on the free movement of capital".

The Portuguese government used on June 30 its "golden share" powers to block the sale of PT's stake in Brazilian mobile operator Vivo to Spain's Telefonica.

"These 'golden shares' allow the Portuguese to influence the company's decision-making that might discourage investments from operators in other member states", the Court added.

The Court's ruling isn't directly linked to that move - the European Commission had filed a complaint as early as 2009 against Portugal's "golden share" practices.

Telefónica would not comment on the Court's ruling. No government reaction was available on Thursday morning. Telefónica and PT had both announced they were willing to negotiate a solution for the future of Vivo.

On Lisbon's stockmarket, PT shares fell 1.47% after the Court's decision was announced.

TPN/Lusa



# Windows 7 Gadgets

Windows 7 has the gadgets feature, which is a follow-up to the Windows Sidebar found in Windows Vista. Gadgets offer the ability to add functionality to your desktop which could normally only be obtained by opening a program.

Gadgets are a way to keep track of things in Windows 7 without having a full application open. This includes functions like a calendar, the current weather, and playing music. Gadgets in Windows 7 can greatly extend the ease with which you can perform basic tasks in the Windows 7 operating system, and they can be placed anywhere on your desktop.

## Windows 7 Gadgets vs. Vista Sidebar

Although Gadgets are new to Windows 7, Windows Vista also had a similar feature called the Windows Vista sidebar.

The sidebar was meant to be Microsoft's answer to the Dock in Apple OS X, which was a feature Apple made a lot of fuss over. Unfortunately for Microsoft, the Windows Vista sidebar didn't take off. This is not the main reason why Microsoft removed the Windows Sidebar feature from Windows 7. The main reason is because it interfered with a new Windows 7 feature called Aero Snap. Aero Snap allows you to instantly snap windows to the left and right of the screen. It also allows you to drag any window to the top of the desktop to maximize it.

If you really want to have a sidebar in Windows 7 just like the one in Vista, a third-party download will do just that. Please make sure you follow the directions carefully so that you install the Windows 7 sidebar correctly. Microsoft has made a new attempt at the Windows Sidebar with something called Windows 7 Gadgets but unfortunately these gadgets exhibit similar issues to those found in Microsoft's Vista Sidebar. The biggest issue being the general lack of support by third parties. It does appear however that support for these gadgets has picked up at least somewhat over the last year or so.

## Windows 7 Gadgets for Security and Privacy

Some of the best Windows 7 gadgets are those which enhance your security and privacy by keeping track of your computer in real time. These gadgets are able to show critical system information on your desktop so that you can keep track of your computer at a glance.

For the most part, these Windows 7 gadgets won't normally show information worth worrying about. If everything is going smoothly, this is exactly what

they should be doing. However, if a program is starting to use up your CPU cycles or your memory, these gadgets will let you know. Usually this isn't a security issue at all, but it can be, and keeping tabs on your computer in real time will help you head off any problems.

## The Top Windows 7 Gadgets

Of course, Windows 7 gadgets aren't just supposed to be about boring things like security and privacy. They're supposed to spice up the operating system, giving you quick access to functionality which would usually require that you open a specific program.

There are many gadgets which do just this. For example, the Mini TV gadget opens a small video window on your Windows 7 desktop. With this gadget you can choose to watch videos from thousands of online stations. Alternatively, you can also use the gadget simply as an online radio.

Another cool gadget is called Facebook Explorer. This gadget connects directly to Facebook and acts as sort of Facebook portal which keeps you updated without having to have a full browser window open. The gadget shows your events, messages, friend requests etc. You can also update your Facebook status via this portal gadget.

## Hard Drive Monitoring Gadgets

Hard Drive Monitoring gadgets for Windows 7 can be used to keep you up to date on the current status of your hard drives. These gadgets are not overly useful to the average computer user because most users don't put their hard drives under too much stress. However, if you do 3D rendering or you edit videos and files, these gadgets can be very helpful. They keep you updated on how much space you have left on your drives so you know when you need to clean things up or attach another storage device.

## Windows Live Hotmail Gadget

One of the best things about a gadget is that it lets you keep track of information on your desktop which you'd normally need a program for. One of the best examples of this is email. Email programs are capable of many, many things. They can sort, categorize, filter, reply, read and create emails. However, most of the time all you really need to know is what messages are in your inbox.

That's where the Windows Live gadget comes in. This gadget makes it easy to access Hotmail simply by using a gadget which exists on your desktop. Once you have installed the gadget you will be able to access the basic functionality of your account through the gadget rather than through the web interface. This greatly streamlines your email.

## How to Remove and Restore Windows 7 Gadgets

Windows 7 gadgets can be very helpful. However, not everyone will agree with this statement.



Some will decide to use a different gadget-enabled platform, such as Google Desktop. In these cases, you may want to disable Windows 7 gadgets altogether. Doing so is possible, and will reduce desktop clutter.

To see a list of the gadgets currently running on your Windows 7 desktop, click the Start button and type gadgets into the Instant Search bar at the bottom of the Start menu. Choose View List of Running Gadgets under Control Panel in the search results. The View Gadgets dialog box will open. You can remove a gadget from your Windows 7 desktop in the View Gadgets dialog box by clicking on the gadget that you want to remove and clicking the Remove Button. This will remove the gadget from your Windows 7 desktop but not from your computer. If you want to completely uninstall a gadget, click the Start button and type gadgets into the Instant Search field. Select Desktop Gadgets to open the Gadget Gallery. Right-click the gadget you want to uninstall and click Uninstall. Another way to temporarily remove a Windows 7 gadget is directly from the desktop. Right-click the gadget that you want to remove and click Close. This will remove the gadget from your Windows 7 desktop but not from your computer. You can also disable all gadgets from the Windows 7 desktop. To do so, click the Start Button and type Features into the Instant Search box. Choose Turn Windows Features on or off in the search results. Clear the check box next to Windows Gadget Platform. Click OK to turn off the Windows gadget feature.

## Placing Windows 7 Gadgets

To place a gadget on your desktop, begin by clicking on Start and typing the word Gadgets into the Search Programs and Files box. Press Enter and the gadgets window will open showing you all the gadgets you have

installed on your computer.

To add a gadget to the desktop, simply drag any gadget icon to your desktop. Some gadgets have customizable options and can be

made to occupy more or less space on the desktop.

Dragging gadgets near one another will cause them to snap together so you can create an uncluttered appearance. Individual gadgets will also snap to the sides of the desktop and into the corners in case you want to stack them and create a neat array of tools.



PART OF  
THE  
News  
GROUP  
Established 1977

What would happen if your system or server crashed and you lost all your data? Your business would come crashing down bringing trading to a halt. BlueChip IT is a new dedicated service from World Telecom giving small to medium size companies 'blue chip' support to ensure your data and systems are as safe as possible. We offer:

- 24/7 support by Microsoft Certified engineers
- Daily or weekly secure 'off site' back-ups
- Regular maintenance of servers and computers
- Fast response and standby systems
- Alternative Internet & email connections if your service goes down

The good news is that our services can be tailored to meet your needs and budget, whatever the size of your company. We will be happy to give you a free on-site assessment of your system and discuss how to make sure you stay operational whatever happens.



**BlueChipIT**  
Ensuring your business IT works for YOU

Call 707 940 337..... Kurt Pardon..... IT Director..... Blue Chip IT



Kurt Pardon • I.T. Director  
BlueChipIT part of the  
Portugal News Group  
info@bluechip-it.com  
Tel: 707 940 332



## NORTH

## DAILY

## CALDAS DA RAINHA

**Museu José Malhoa** - Paintings, sculptures, drawings, watercolours and ceramics in temporary and permanent exhibitions - Parque D. Carlos I - T. 262 831 984

## CALDAS DA RAINHA

**Municipal Museum** - Since (1985) the construction of António Duarte Atelier and Museum, the Local Council of Caldas da Rainha has been constructing one of the most important nucleus of Portuguese Sculpture of the 20th century. The exhibit, conservation, study and divulgation of the collections is divided between the three museums - T. 262 840 280

## ESPINHO

**Dance Show** The Michael Jackson 'Tribute Dance' - Casino de Espinho daily - 20h30 (dinner) and 22h30 (show) - €20 (dinner-show, Sunday to Thursday) €32.50 (dinner-show, Friday and Saturday) - T. 227 335 500 - [www.solveverde.pt](http://www.solveverde.pt)

## GUARDA

**Museu Municipal de Arte Moderna Abel Manta** - The collection includes works by Carlos Botelho, Júlio Resende, Menez, Paula Rego, Vespeiro, António Dacosta and many others - Open: Tuesday to Sunday from 10h00 to 12h30 and from 14h00 to 17h00 - Free entrance - Rua Direita, 45, Gouveia - T. 238 493 648

## PORTO

**Casa da Música** - Guided visits from Mon-Sun: 10h30; 11h30; 12h30; 15h00; 16h00; 17h00; 18h00 - Tickets can be bought until 10 minutes before visit - Price: €2; Free for children under 12 - T. 220 120 214 - Avenida da Boavista, 604-610 - [www.casadamusica.com](http://www.casadamusica.com)

## PORTO

**Serralves Foundation** - Visits to the exhibitions - Sat: 17h-20h; Sun: 12h-13h - to the architectonic spaces (museum & Casa de Serralves) Sun: 15h-16h - Visits to the park; Sun: 11h-12h - Visits are free on the purchase of an entrance ticket to the museum - Location: Rua D. João de Castro, 210 - T. 226 156 584 - [www.serralves.pt](http://www.serralves.pt)

## July 16

## VILA NOVA DE GAIA

**Placebo in concert** - Festival Marés Vivas '10 - Tickets: See info at bottom of page

## July 17

## VILA NOVA DE GAIA

**Ben Harper in concert** - Festival Marés Vivas '10 - Tickets: See info at bottom of page

## July 16 to 18

## FIGUEIRA DA FOZ

**International Figueira Beach Rugby** - Men & Women's Masters - Figueira da Foz beach - 40 masculine and 16 feminine teams are participating including 20 international teams - Alongside the Beach Rugby there will be street animation and festivities

## July 22, 23 and 24

## GUIMARÃES

**Concerts** - The garden of Centro Cultural Vila Flor will be again the stage of three concerts by Manta School of Seven Bells, Blood Red Shoes and The Phenomenal Handclap Band - The concerts start at 22h00 - Ticket prices: €10 - Centro Cultural Vila Flor I Av. D. Afonso Henriques, 701 - T. 253 424 700 - [www.ccvf.pt](http://www.ccvf.pt)

## July 24

## PORTO

**Concert by Maria Bethânia** - Coliseu do Porto - 22h00 - Tickets: €20 to €65 - Rua de Passos Manuel 137 - T. 223 394 940 - [www.coliseudoporto.pt](http://www.coliseudoporto.pt)

## July 24 &amp; 25

## FIGUEIRA DA FOZ

**Footvolley** National Championship 2010 - Buarcos Beach Din's Bar

## August 20-23

## VIANA DO CASTELO

**Romaria da Srª da Agonia** (Religious Street Festivities) - Procession starting at Bom Jesus Chapel

[www.theportuguese.com](http://www.theportuguese.com)

## CENTRE

## Daily

## CASCAIS

**Cascais Cultural Centre** - Concerts, shows, exhibitions, & other events. - Shops, coffee shop & terrace - Open: 10h00-18h00 (Closed Mon) - Av. Rei Humberto II de Itália - T. 214 848 900

## CASCAIS

**Sea Museum 'Rei D. Carlos'** - Rua Júlio Pereira de Mello - 10h-19h; closed Mon & holidays - T. 214 825 400

## ESTORIL

**Casino Estoril** - Praça José Teodoro dos Santos - T. 214 667 700 - [Info.estoril@estoril-sol.com](mailto:Info.estoril@estoril-sol.com)

## LISBON

**Mercado da Ribeira** - On the riverfront, this popular market is the Coolest Place in Town - Crafts, events, gastronomy - Av. 24 de Julho

## LISBON

**National Coach Museum** - Set in a 17th century riding school, with a varied collection of royal coaches, uniforms and portraits of the royal family - Open: 10h-17h30 (Closed Mondays and public holidays) - Praça Afonso de Albuquerque - T. 213610850

## LISBON

**Oceanarium** - Spectacular design by Peter Chermayeff, it is one of Europe's biggest oceanarium - Park of Nations - 10h-18h - T. 218 917 002

## LISBON

**Influxcontemporary** - A museum dedicated to African Contemporary Art - Open from Wednesday to Saturday from 14h00 to 19h00 - Rua Fernando Vaz, 20B - T. 218 501 234 - [www.influxcontemporary.com](http://www.influxcontemporary.com)

## SANTARÉM

**Visit** the Casa-Museu Braamcamp Freire on Rua Braamcamp Freire - T. 243 304 480/1

## Until July 10

## LISBON

**Optimus Alive!** - Music Festival in Alagés - Optimus Stage: Faith No More, Kasabian, Alice in Chains, Deftones, Skunk Anansie, Manic Street Preachers, Jet, Pearl Jam, LCD Sound System, Gogol Bordello, Dropkick Murphys, Gomez, Gossip, Simian Mo-

bile, Disco Live, Peaches, and many others - [www.optimusalive.com](http://www.optimusalive.com)

## July 10-Sep 15

## ESTORIL

**Collective Painting, Sculpture & Drawing Exhibition 'The Animals and the Art'** - Casino Estoril Art Gallery - T. 214 667 700 - [info.estoril@estoril-sol.com](mailto:info.estoril@estoril-sol.com)

## July 16,17,18

## SESIMBRA

**Rock Festival** - Concerts at the Super Bock Stage: 16th: Pet Shop Boys, Keane, Cut Copy, Mayer Hawthorne and Jamie Lidell; 17th: Letfield, Vampire Weekend, Hot Chip, Julian Casablancas and Tiago Bettencourt & Mantha; 18th: Prince, Empire of the Sun, The National, Spoon, Stereophonics and Palma's Gang - More concerts on EDP and @Meco Stages - To buy tickets, see bottom right of the page or visit the website - Prices: Daily €40; 3 days including camping! €70 - Herdade do Cabeço da Flauta, Praia do Meco - <http://www.superbock.pt/SuperMusic/SuperBockSuperRock/>

## Until July 31

## LISBON

**Painting Exhibition** 'Outras Coisas, naturezas mortas e temas românticos' (Other things, still-life and romantic themes) by Joana Salvador at Galeria 111 on Rua Dr. João Soares, 5B - T. 217 819 907 - [www.111.pt](http://www.111.pt)

## SINTRA

**Exhibition** 'ambiente' (environment) - Grupo de Artistas SintraArte situated behind the Café Moinho Verde, Pátio do Zézinho, A3, Rua da Fonte, Almoçageme, Colares, Sintra - [www.sintra-arte.com](http://www.sintra-arte.com)

## Until August 8

## LISBON

**Paintings and Watercolours** Exhibition by Constant Le Breton (1895-1985) - More than sixty works by the French painter can be seen for the first time in Portugal in this monographic exhibition - Gallery of Temporary Exhibitions on the main building, first floor - Calouste Gulbenkian Foundation - Av. de Berna, 45-A - T. 217 823 000

## SOUTH

## Daily

## LAGOS

**Charity Shop in Amadena** Charity Shop in what was old supermarket on the square past 'Brody' and 'O Poço' restaurants - LAPS - Lagos Animal Protection Society - T. 282 687 334

## Daily

## SILVES

**Exhibition of artwork by Hilary Cunningham** - Vivenda Rosal Pedreira - Watercolour, pen ink & wash, oil & pastel. Prior to visit, please call 282 332 190 or 917 169 053

## July 10 &amp; 11

## SILVES

**Opera 'Cosi fan tutte'** with the Orquestra do Algarve conducted by Osvaldo Ferreira at Silves Castle - OA T. 289 860 890

## July 10 to 30

## LAGOA

**Art Display** by students - Escola de Artes de Lagoa - Mon-Fri 9h-12h30 / 14h-17h30 (closed Sat, Sun & public holidays) - T. 282 384 62 - [www.cm-lagoa.pt](http://www.cm-lagoa.pt)

## July 10 - September 5

## ALBUFEIRA

**Fundação Serralves art exhibition 'Abstract Sculptors from 1960-1970'** - Espaço Multíusos - T. 289 598 835 / 289 599 619

## July 15

## MONCHIQUE

**Art Exhibition** - Bamboo, ceramics and water colour paintings by Heidimária - Caldas de Monchique

## Until July 16

## PADERNE

Algarve's first Affordable Art Fair - Galeria Corte-Real - Thu-Sun: 11h-17h - Entry is free - The gallery is signposted from Ferreiras, Boliqueime and Paderne - Telephone for more information: - 918 980 199 or 912 737 762

## PORTIMÃO

**Painting Exhibition** 'Essência do Ser' by Gabriela Eufrásio - EMARP - Rua José António Marques, 17 - Open Mon-Fri: 8h30-17h30 - T. 282 400 260

## July 17

## ALMANCEL

**Concert by the Orquestra do Algarve** conducted by John Avery - Vale do Lobo Golf Course - T. 289 860 890

## Until July 18

## PADERNE

**Exhibition** 'An Exuberant Sense of Freedom' is on display at Galeria Corte Real - To get there: From the protected village of Paderne follow the signs 'Corte-Real' - The gallery is open Thu through Sun from 11h00 to 17h00 T. 912 737 762 / 918 980 199 - [www.corterealarte.com](http://www.corterealarte.com)

## July 21 to 25

## LAGOA

**8th Conventual Sweets Show '8ª Mostra de Doce Conventual'** - Cloisters of Convento S. José - Free Entrance - 18h00-01h00 - Rua Joaquim Eugénio Júdice - T. 282 380 434

**For more events, see our Club and Community Pages - pp26-27 and our Classifieds - pp 58-62**

**TICKETS:** Most tickets are available at FNAC and Worten outlets across the country, ATM machines, Abreu agencies, El Corte Inglés, Casa Viola, Ticketline or at the event itself on the night.  
Websites: [www.pavilhaoatlantico.pt](http://www.pavilhaoatlantico.pt) / [www.ticketline.pt](http://www.ticketline.pt) / [www.blueticket.pt](http://www.blueticket.pt) / Phone numbers: Ticketline 707 234 234 / 707 780 000

## SAGRES

**Concert** by the Orquestra do Algarve - Nossa Senhora da Graça Church at Sagres Fortress - T. 289 860 890

## Until July 31

## SERPA

**Exhibition** 'Relógios mecânicos de 1910 a 1970' (Mechanical Clocks from 1910 to 1970) - Museu do Relógio (Clock Museum) - T. 284 543 194

## Until August 1

## LAGOS

**Art Display** by Ivan Franco & Kathy Hinde, Joanna Callaghan, Johan Grimontprez, Jorge La Faria, Luis Alegre, Mark Lewis, Matthias Müller & Christoph Girardet, Miguel Soares, Patricia Betancur, Paula Roush, Rui Toscano, Rui Valério, Tracey Moffatt - Centro Cultural de Lagos on Rua Lançarote de Freitas, 7 - T. 282 770 450

## Until August 4

## LAGOA

**Art Exhibition** 'Aguadas de Sépia' & 'Café nosso de cada dia' by Meire Gomes - Convent cells of S. José Convent - Rua Joaquim Eugénio Júdice - T. 282 380 434

## Until August 12

## MONCHIQUE

**Exhibition** 'Artists of Brazil' Galeria Santo António - Galeria Santo António - Tue 12h-19h, Wed, Thu, Fri & Sun 12h-16h - Ts. 282 913 130 / 925 004 051 - [www.artelagave.net](http://www.artelagave.net)

## Until September 23

## ÉVORA

The Museum of Évora, will be open every Thursday until 22h00 - guided tours and conference at 20h00 - Refreshments will be served on the Museum's patio - To register, up to a maximum of 30 participants, please call T. 266 702 604 or e-mail to [mevora@imc-ip.pt](mailto:mevora@imc-ip.pt).

## Until September 29

## ESTÓI

**Exhibition** 'Pássaro em Terra' (Bird on land) by René Bertholo - Estói Milreu Ruins - 10h30-13h00 / 14h00-18h30 (closed Mondays)

## Until October 31

## PORTIMÃO

**Exhibition** 'Entre dois séculos e dois regimes' (Between two centuries and two political rulings) - Portimão Museum

## Until November 27

## LOULÉ

**Exhibition** 'Mendes Cabeçadas e a Primeira República do Algarve' - Municipal Museum

## Until December 30

## SINES

**Exhibition** 'O Séc. XX em Sines: uma geografia da memória' (The 20th Century in Sines: a memory geography) - Sines Museum de Sines - 269 632 237 - [www.sines.pt](http://www.sines.pt)

## Until December 31

## SÃO BRÁS DE ALPORTEL

**Exhibition** 'Fluorovision' - Fluorovision Gallery - 18h00-24h00

**Events may be cancelled, delayed or fail to live up to their billing. Send us your events to [copy@theportuguese.com](mailto:copy@theportuguese.com) by Tuesday before publication.**

## PREVIEW

## Until September 15

- Estoril - Collective Exhibition of Paintings, Sculptors, Drawings, Photographs and Engravings having Animals as the theme under the title 'Os Bichos também são gente' (The Animals are also like us) - Art Gallery of Casino Estoril - Praça José Teodoro dos Santos - T. 214 667 700 - [Info.estoril@estoril-sol.com](mailto:Info.estoril@estoril-sol.com)



ARTE AO VIVO | MÚSICA AO VIVO | GASTRONOMIA | MODA | ANIMAÇÃO INFANTIL  
LIVE ART | LIVE MUSIC | WORLD CUISINE | FASHION SHOW | CHILDRENS CORNER

**10 ANOS 10 YEARS**

**Museu do Trajo**  
Costume Museum  
São Brás de Alportel

**ARTE VIVA 2010**  
festival de artes plásticas e música  
art and music festival 9 e 10 JULHO | 18-01H

## 9th July / Friday on stage:

18h00 - Doors open  
19h30 - Chips, Salsa & Jazz  
20h15 - Jauk's Fashion Show  
21h00 - Chips, Salsa & Jazz  
21h45 - Fire Show  
22h30 - New Orleans Trad Jazz Band

## 10th July / Saturday on stage:

18h00 - Doors open  
20h00 - Cross Roads (Rhythm & Blues  
21h00 - Fire Show  
21h45 - Cross Roads  
23h00 - Amerika Libre (Cuban Salsa)

[www.amigos-museu-sbras.org](http://www.amigos-museu-sbras.org) / 966 329 073

8º FESTIVAL INTERNACIONAL DE ESCULTURA EM AREIA

**FIESA 2010**

22 MAI-22 OUT  
10H-24H  
MUNDO DE AREIA  
WORLD OF SAND

TEMA: MUNDO VIVO LIVING WORLD

## Until October 22 - Pera - 8th

**International Sand Sculpture Festival:** Theme: Living World - Visit the 'Living World' of sand during the day and see all the lights at night - Open from 10h00 to 24h00 (15th September to 22nd October from 10h00 to 20h00) - Fiesa is located on the EN 524 road between Pera and Algoz (From EN125, at Pera crossroads, follow the indication for Algoz).



## ALGARVE

**SBC**  
**FORUMALGARVE**  
**TEL: 289 887 212**  
**8 JUL-14 JUL**



- 1 Marmaduke PV**  
 Owen Wilson, Lee Pace  
 (11.00 Sat & Sun) 14.15-16.30
- Brooklyn's Finest**  
 Richard Gere, Don Cheadle  
 18.50-21.40-00.30
- 2 She's Out of My League**  
 Jay Baruchel, Alice Eve  
 13.55-19.25-22.00-00.20
- The Twilight Saga: Eclipse**  
 Kristen Stewart, Robert Pattinson  
 16.45
- 3 Shrek Forever After**  
 Animation PV  
 (10.20-12.30 Sat & Sun) 14.40-16.50-  
 19.05-21.20-23.35
- 4 The Back-Up Plan**  
 Jennifer Lopez, Alex O'Loughlin  
 (12.00 Sat & Sun) 14.20-16.40-19.10-  
 21.30-23.40
- 5 The Twilight Saga: Eclipse**  
 Kristen Stewart, Robert Pattinson  
 (10.00-12.40 Sat & Sun) 15.20-18.20-  
 21.00-23.55
- 6 When in Rome**  
 Kristen Bell, Josh Duhamel  
 17.30-19.40-21.50-00.00
- Astro Boy**  
 Animation PV  
 (10.45-13.00 Sat & Sun) 15.15
- 7 The Maiden Heist**  
 Morgan Freeman, Christopher Walken  
 16.55-19.00-21.10-23.25
- Urmel aus dem Eis**  
 Animation PV  
 (11.20 Sat & Sun) 14.30
- 8 Prince of Persia**  
 Jake Gyllenhaal, Gemma Arterton  
 (10.50 Sat & Sun) 14.05-16.35-19.05
- Desert Flower**  
 Liya Kebede, Craig Parkinson  
 21.35-00.10
- 9 Nanny McPhee and the Big Bang**  
 Emma Thompson, Rhys Ifans  
 (10.30 Sat & Sun) 13.50-16.15-18.40
- Sex and the City 2**  
 Sarah Jessica Parker, Kristin Davis  
 21.05-00.05

**CASTELLO LOPES CINEMAS**  
**ALGARVESHOPIING**  
**TEL: 707 220 220**  
**8 JUL-14 JUL**

- 1 Brooklyn's Finest**  
 Richard Gere, Don Cheadle  
 13.00-15.35-18.20-21.10-23.50

**Castello Lopes**  
**Cinemas**  
**Tel: 707 220 220**  
**www.castellolopescinemas.com**

**UCI Cinemas**  
**Tel: 707 23 22 21**  
**www.uciportugal.pt**



**ZON LUSOMUNDO**

**Zon Lusomundo**  
**Cinemas**  
**Tel: 707 24 63 62**  
**www.zonlusomundo.pt**

- 2 Shrek Forever After 3D**  
 Animation PV  
 13.10-15.15-17.20-19.25-21.45-  
 00.00

- 3 She's Out of My League**  
 Jay Baruchel, Alice Eve  
 13.30-15.50-18.25-21.20-23.45

- 4 The Back-Up Plan**  
 Jennifer Lopez, Alex O'Loughlin  
 13.40-16.10-18.30-21.40-00.20

- 5 Marmaduke PV**  
 Owen Wilson, Lee Pace  
 13.15-15.40-18.00

- Robin Hood**  
 Russell Crowe, Cate Blanchett  
 21.05-23.55

- 6 Shrek Forever After**  
 Animation PV  
 12.50-14.55-17.00-19.05-21.15-  
 23.30

- 7 The Twilight Saga: Eclipse**  
 Kristen Stewart, Robert Pattinson  
 13.20-16.00-18.40-21.30-00.10

- 8 The Twilight Saga: Eclipse**  
 Kristen Stewart, Robert Pattinson  
 13.20-16.00-18.40-21.30-00.10

- 9 Prince of Persia**  
 Jake Gyllenhaal, Gemma Arterton  
 12.45-15.30-18.10-21.00-23.40

**CASTELLO LOPES CINEMAS**  
**PORTIMÃO**  
**TEL: 707 220 220**  
**8 JUL-14 JUL**

- 1 The Twilight Saga: Eclipse**  
 Kristen Stewart, Robert Pattinson  
 13.10-15.50-18.30-21.30-00.00
- 2 Brooklyn's Finest**  
 Richard Gere, Don Cheadle  
 13.00-15.40-18.20-21.10-23.50
- 3 Prince of Persia**  
 Jake Gyllenhaal, Gemma Arterton  
 13.20-16.00-18.40-21.40-00.10
- 4 Marmaduke PV**  
 Owen Wilson, Lee Pace  
 12.50-14.50-17.00-19.05
- Sex and the City 2**  
 Sarah Jessica Parker, Kristin Davis  
 21.00-23.55
- 5 She's Out of My League**  
 Jay Baruchel, Alice Eve  
 13.30-16.10-18.50-21.50-00.20
- 6 Shrek Forever After 3D**  
 Animation PV  
 12.40-15.05-17.10-19.10-21.20-23.30

- 7 Shrek Forever After 3D**  
 Animation PV  
 12.40-15.05-17.10-19.10-21.20-23.30

- 8 Shrek Forever After 3D**  
 Animation PV  
 12.40-15.05-17.10-19.10-21.20-23.30

- 9 Shrek Forever After 3D**  
 Animation PV  
 12.40-15.05-17.10-19.10-21.20-23.30

**OV = Original Version**  
**PV = Portuguese Version**

## Film Classification

- Shrek Forever After - M/6  
 The Maiden Heist - M/12  
 The Twilight Saga: Eclipse - M/12  
 When in Rome - M/12  
 Brooklyn's Finest - M/12  
 Toy Story 2: 3D - M/6  
 Desert Flower - M/12  
 The Back-Up Plan - M/12  
 She's Out of My League - M/12  
 Marmaduke - M/12  
 The Time Traveler's Wife - M/12  
 Prince of Persia - M/12

M/4 - Four years and over  
 M/6 - Six years and over  
 M/12 - 12 years and over  
 M/16 - 16 years and over  
 M/18 - 18 years and over



**Title:** Shrek Forever After

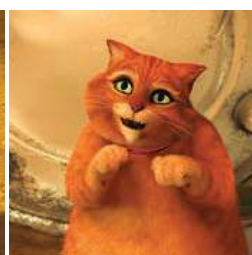
**Genre:** Animation | Adventure | Comedy | Family | Fantasy

**Voices:** Mike Myers, Eddie Murphy, Cameron Diaz,

Antonio Banderas, Julie Andrews, John Cleese, Jane Lynch

**Director:** Mike Mitchell

**Synopsis:** After challenging an evil dragon, rescuing a beautiful princess and saving your in-laws' kingdom, what's an ogre to do? Well, if you're Shrek, you suddenly wind up a domesticated family man. Instead of scaring villagers away like he used to, a reluctant Shrek now agrees to autograph pitch forks. What's happened to this ogre's roar? Longing for the days when he felt like a "real ogre," Shrek is tricked into signing a pact with the smooth-talking dealmaker, Rumpelstiltskin. Shrek suddenly finds himself in a twisted, alternate version of Far Far Away, where ogres are hunted, Rumpelstiltskin is king and Shrek and Fiona have never met. Now, it's up to Shrek to undo all he's done in the hopes of saving his friends, restoring his world and reclaiming his one True Love.



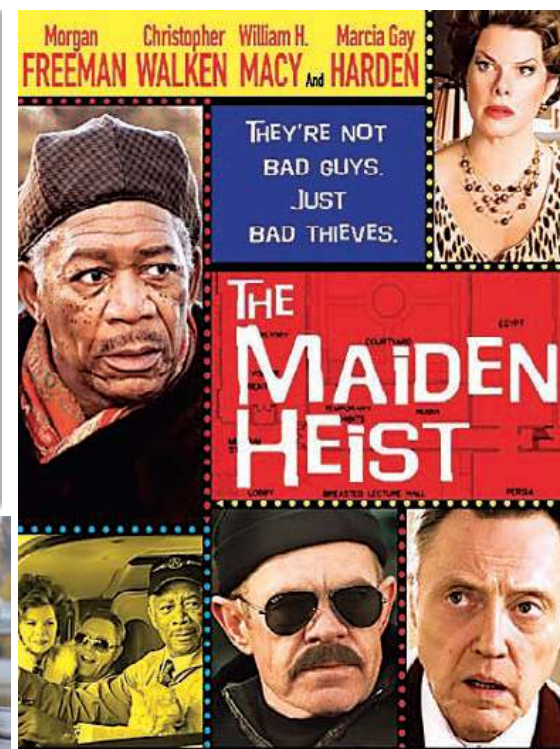
**Title:** The Maiden Heist

**Genre:** Comedy | Crime

**Stars:** Morgan Freeman, Christopher Walken, William H. Macy, Marcia Gay Harden

**Director:** Peter Hewitt

**Synopsis:** Aging museum security guards Charles, Roger, and George scheme to steal their favourite exhibits before the curator arrives to install a new collection. With no criminal experience to fall back on, the three aspiring larcenists hatch a plan to quietly replace each piece with a convincing replica. When one small mistake throws their carefully crafted plan into chaos, Charles, Roger, and George must scramble to avoid spending their golden years behind bars.













# PROPERTY

A weekly guide to the latest and the best properties on the market in Portugal • The Portugal News • 10 Jul 2010

## PROPERTY OF THE WEEK

# Holiday homes from East to West



With a noticeable interest increasing in the Algarve property market once again from clients worldwide, this week **Licensed Real Estate agency Togofor-Homes, Lda (AMI-6902)** are pleased to showcase a varied selection of properties across the Algarve. Based in Lagos and Alvor (and also very soon in Tavira and Monchique), **Togofor-Homes, Lda** operates across the whole Algarve region.

**Property 1: (Ref: S609):** This brand new 2nd floor apartment is located in a lovely resort by the front line of the Ria Formosa area in Tavira and enjoys stunning sea views from all terraces. The entrance level of this spacious duplex apartment has 1 bedroom, 1 bathroom, study/2nd bedroom with balcony, open plan kitchen with huge dining area and large terrace with Ocean views. Upstairs there is a huge lounge or another bedroom, guest toilet and big terraces facing the sea and the Ria Formosa. There is only a single line of townhouses built in front which do not interrupt the views. The resort includes a hotel, 2 outdoor pools, indoor pool, health club, gym, tennis court, restaurants and bars. Most of the construction is finished, this apartment just needs the completion of some finishings. The quiet location is still within walking distance of outdoor pool areas. A perfect holiday home and an ideal place to rent out all year with rental packages offered by the resort. **Excellent Price, €285,000.**



### Property 2: (Ref S1018)

Detached, renovated and extended Portuguese cottage with outstanding south facing views across countryside to the sea, in the historic village of Alcantarilha. Renovated to a high standard with double skinned insulated walls and roof, all outside doors and windows are double glazed and PVC. The entrance level of the property has wooden ceilings in the lounge and master en-suite bedroom, there is a fully fitted kitchen with outside terrace that adjoins the lounge terrace accessible by patio doors. On the lower level there are 2 further bedrooms and a family bathroom with terraces to the fully fenced beautifully kept small garden which offers a mixture of sunny and shaded areas. The large terraces are perfect for enjoying the sea and countryside views. This cottage is situated in Alcantarilha and is minutes away from major shops, golf courses and a short drive to the beach. **Excellent Price, €295,000.**



### Property 4: (S550)

This detached rustic villa in a wonderful location offers a wide range of options and is bursting with potential. It comprises of the entrance level with 2 en-suite bedrooms, guest WC, lounge/dining (with doors onto the patio), kitchen and 2 store rooms. With a separate entrance the lower level has 4 double bedrooms, 3 bathrooms (2 en-suite) and kitchen, below this level is the pool and terrace. Some bedrooms enjoy distant sea views whilst others overlook the delightful pool and mature gardens. Features include: central heating, solar panels, fitted kitchens, wood beam ceilings and most furniture included. The spacious property is located on a 900m2 hillside plot within 3kms of Monchique and approx. 30 mins drive from the coast. This house could provide an income or equally serve a large family for holidays or as a permanent residence. **Reduced by 25% to €295,000.**



### Property 5: (Ref: S613)

A tarmac driveway leads to this impressive bungalow with huge rooms and high ceilings as well as a very good sized plot with extraordinary views to the countryside and the coastline. The property is located on an elevated position between Tunes and Paderne with distant sea views and incredible sun sets. The big house in rustic style on one level offers 5 bedrooms, 3 bathrooms, an open plan kitchen, huge lounge of approx. 45m2 with log burner and lots of storage. The bright and sunny house is south west orientated on a huge plot of 2.600m2 with trees, bushes, lots of greens and space for a big pool. The house has under floor heating and radiators in the bedrooms. A very spacious roof terrace with gorgeous views is a real highlight. This property could make an ideal home or holiday home or an investment for rentals. **Excellent Price, €349,000.**



For more information on these and many other properties for sale, please contact **Togofor-Homes, Lda** or visit their website: [www.togofor-homes.com](http://www.togofor-homes.com), e-mail: [info@togofor-homes.com](mailto:info@togofor-homes.com), telephone: 282 432 004 / 282 476 568, or mobile: 917 472 277.

**Property 3: (Ref: S878)** Stunning country property with magnificent undisturbed views over the Costa Vicentina Nature Reserve. Located in a peaceful, un-spoilt area just north of Odeceixe, this beautiful property offers an idyllic lifestyle in a private paradise, set in 6.8 hectares of well maintained, fenced and gated land with excellent access road. The centrally heated house has 3 bedrooms, a spacious open plan living/dining/kitchen with fireplace and high ceilings plus a mezzanine. This property is immaculate, charming and full of character with large windows overlooking the beautiful swimming pool, exquisite "al fresco" dining/entertaining area plus breathtaking countryside views. There are three stables of superb quality plus a tack room and 20x60m sand school. The pretty town of São Teotónio is only 5 mins away with all facilities, a further 15 mins north is Odemira, or south to Odeceixe, 10 mins from the beach and 1.5 hour drive to Faro Airport. An excellent quality property, built and finished to exacting standards with thoughtful attention to detail. **Reduced by 13% to €395,000.**

## Planning a new house? Project for approval? Home alterations?

Discuss your plans or ideas with us for a FREE quotation. Whatever the type of build, we can save you time, hassle - and money!

# projectcasa

Building Services

Contact us NOW... +351 289 391 389 • +351 916 526 363 • [info@projectcasa.eu](mailto:info@projectcasa.eu) • [www.projectcasa.eu](http://www.projectcasa.eu)

- ▶ Building services
- ▶ Steel Frame Construction
- ▶ Timber Construction
- ▶ Traditional Construction
- ▶ Extensions and Renovations
- ▶ Turn-key Solutions
- ▶ Kingspan TEK
- ▶ Engineering & Architectural Services





Soc. de Mediação Imobiliária, Lda  
Villas Luz, Lda

AMI nº 3728

Email:  
office-paula@silver-coast-properties.net

Mob.  
(00351) 919 054 792  
Office:  
(00351) 262 989 452  
Fax. (00351) 262 990 514

[www.silver-coast-properties.net](http://www.silver-coast-properties.net)



**Huge detached 5 bedroom villa (all bedrooms en suite) with huge pool in São Martinho do Porto. Price 349.000 Euros**



**Luxury 4 bed and 4 bath modern styled Designer Villa – Foz do Arelho. Walking distance to the beach. 675.000 Euros (completely furnished).**

Full address: Avenida Marginal, Edifício Infante I, Loja 5, 26i, 2460-096 São Martinho do Porto, Portugal

## ARE YOU THINKING OF REMODELING YOUR HOME? ESTÁ A PENSAR EM REMODELAR A SUA CASA?

*Optimizamos a sua casa.*



AMI licence 7673



E-mail:

sarah@algarvemanta.pt

Mobile:

00351 911 041 862

Office phone/fax:

00351 281 952 820

Sales:

[www.algarvemantaproperties.com](http://www.algarvemantaproperties.com)

Rentals:

[www.algarvemanta.pt](http://www.algarvemanta.pt)



**Ref : 717 Reduced price - € 160.000**

Two bedroom ground floor apartment with a private patio area in a closed condominium with a pool and garage, very close to the beach in Cabanas. The front of the apartment faces the pool area. This is a great condominium as there are only five apartments sharing the pool. All apartments have a fitted kitchen which is open plan to the lounge.



**Ref : 1014 New instruction - € 180.000**

Three bed house on a small closed condominium. Private parking space in front of the house. On the ground floor you have the living room, equipped kitchen, with access to the sunny patio area. 2 bedrooms on ground floor and one bathroom then on first floor one bedroom and bathroom.



**Ref : 974 Reduced price - € 220.000**

A three bedroom house with garage, the lounge has a fireplace, large patio with BBQ, space for pool. Equipped kitchen. Master has large terrace with ocean view and ensuite shower room. The town of Cacela is only 5 minutes on foot which boasts shops, restaurants, a large market, train station, chemist, post office and schools.



**Ref : 1017 On the beach - € 395.000**

Fantastic semi detached fully furnished house on the dunes of Praia da Lota, wonderful beach just 2 mins on foot. Unlimited views of the ocean. Extensive garden areas w/ very large private pool and BBQ area, large lounge with fireplace, fully equipped kitchen, three double bedrooms, three baths, central vacuum system, air conditioning.



**Ref: 1016 Detached - € 475.000**

Fully furnished beautiful villa in a quiet village just 5 mins drive from the beach, huge fully equipped kitchen dining room, office, laundry room, generous lounge with open fireplace, 4 double bedrooms, 2 of which have en-suite bathrooms, all with fitted wardrobes. The house is surrounded by garden, patio areas and has large private pool, air conditioning, central heating and satellite television.



**Abode**

AMI 1278

Sociedade de  
Mediação Imobiliária,  
Lda.

Edifício "O Galeão", Loja  
3, Rua dos Pescadores  
Tel: 282 356 865

Fax: 282 356 743

leohbraun@hotmail.com

[www.abode-pt.com](http://www.abode-pt.com)



**3 bed, 3 bath villa with pool, gardens & terraces. Electric gates, borehole, stone drive. 263m² villa. 6,160m² plot. Close to all amenities, road networks and Porches International school. €480,000.**



# Make the airport your shop window

1,000's of copies of The Portugal News are distributed at Faro airport every week to arriving and departing passengers. An estate agent's window can't beat that for property exposure!

To advertise on these pages, please phone Bella Talhadas on 707 500 677 or 914 393 736



## VILAGENTE



MAIN OFFICE:  
CINEMA BUILDING, SHOP 3  
AMI 489

Edifício do Cinema, Loja 3,  
Vilamoura,  
8125-432 Quarteira  
Mobile: 918 788 375  
Tel: 289 314 486  
Fax: 289 315 578  
vilagente@mail.telepac.pt  
www.vendavilla.com



### Vilamoura

Price just reduced!!! Duplex apartment composed of 2 bedrooms, 2 bathrooms, lounge w/ dining area, equipped kitchen, storage, laundry room & terraces. Storage and parking space in the basement. Communal swimming pool & garden area. Constr. area of approx. 114 sq.m. Ref: A1277 Price: € 190.000,00



### Vilamoura

One bedroom apartment located in a quiet area, composed of 1 bathroom, lounge w/dining area, kitchen and terrace. Furnished and equipped. Exterior parking area. Communal sw.pool and garden area. Tennis court. Const. area - 58 sq.m. Ref: A1384 Price: € 120.000,00



### Goldra

Country villa, composed of 3 bedrooms (2 en-suite), 3 bathrooms, storages, equipped kitchen, 3 hallways, laundry, lounge with fireplace and 4 terraces. Garden and heated sw. pool. Garage. Furniture negotiable. Ref: V12474 Price: € 400.000,00



### Boliqeime

Recently Reduced!!! Villa composed of 3 bedrooms, 4 bathrooms, lounge with fireplace, spacious kitchen, storage areas, laundry room and various terraces. Basement, garage & sw. pool. Plot area of approx. 2.200 sq. m. Construction area of approx. 376 sq. meters. Ref: V12508 Price: € 570.000,00



AMI 7433  
**Do you want to buy or sell a property?**  
Contact me: Paulo Caqueiro  
Telm.: (+351) 962 191 421  
pcaqueiro@remax.pt  
I speak: Portuguese, English and Norwegian  
Remax Smart - Boliqeime



### Balaia Golf Village

Magnificent 1 bedroom apartment, in the privat condominium Balaia Golf Village in Albufeira. Gardens, swimming pools, tennis courts and a golf course all in the same condominium. A few minutes from the beach. Feel the difference, BOOK YOUR VISIT!  
Ref.: 122261080-14  
Price: € 900 month (Long term rental)



### Olhos D'Água - Surfal

Excellent 1 bedroom apartment situated in a very quiet residential area and just a few minutes walk from Falésia beach. This apartment is located in the ground floor and has its own entrance. Apartment with good areas and a spacious storage room in the basement of the building.  
Ref.: 122261080-15  
Price: € 115.000



### Boliqeime

Excellent T2 apartment in the quiet "Vila de Boliqeime". Composed by: one living-room, kitchen, two bedrooms (one is a suite with private bath), one WC, balcony with country view, common wide terrace with BBQ and common swimming pool. This apartment is equipped w/ heated floor.  
Ref.: 122261080-16  
Price: € 195.000



### S. Brás de Alportel

Excellent 2 bedroom apartment, ground floor, situated in a residential area in S. Brás de Alportel. It has a parking place in the garage and storage room on the roof. Excellent price, very good business opportunity.  
Ref.: 122261080-17  
Price: € 99.500



### Querença - Sítio da Amendoeira

Beautiful town house situated only 6 km from Loulé. This house is situated in a very quiet place. Lots of potential.  
Ref.: 122261080-8  
Price: € 150.000



The fastest real estate agent in the Algarve

(former World Record Holder 3.000mts running '89-'01)

www.property-runner.com

Tel. +351 289 842 992

between Loulé and S. Brás

AMI 6392



### S. Brás de Alportel

- Lovely character cottage
- Beautiful country views
- 4 bedrooms 2 bathrooms
- Pool 9m x 4,5m, barbecue
- Garage, garden, terraces
- Cott. 150m² plot 2.500m²

Ref. C750

Price Reduced: € 255.000



### Bordeira

- Attractive villa, renovated
- Country & sea views
- 4 bedrooms 2 bathrooms
- Pool, barbecue, terrace
- Lovely garden, fruit trees
- Villa 155m² plot 1.300m²

Ref. V933

Price: € 395.000



### Messines

- Lovely single storey villa
- Traditional cottage style
- 3 bedrooms 2 bathrooms
- Pool 10 x 5, terrace, BBQ
- Garden & country views
- Villa 190m² plot 42.240m²

Ref. V1247

Price: € 425.000



### Santa Catarina

- Lovely villa, country views
- 4 bedrooms 3 bathrooms
- Plus guest cottage
- 2 bedrooms 1 bathroom
- Pool, terraces, garden
- Tot. 297m² plot 16.100m²

Ref. V1262

Price: € 540.000



### Goldra, Loulé

- Beautiful spacious villa
- Panoramic coast views
- 4 bedrooms 4 bathrooms
- C/heating & air-co
- Pool, basement/garage
- Villa 405m² plot 3.880m²

Ref. V1319

Price Reduced: € 990.000



AMI 989

Av. 25 de Abril,  
Bloco D, R/C Esqº.  
8700-011 Fuzeta  
Tel/Fax: 289 791 485  
Mobile: 917 506 365  
Web Site: www.bonaulda.com



### Moncarapacho

2 +1 Bedroom Villa in a calm hillside, just concluded. Ground floor: Large kitchen, large living room w/ fireplace, 2 bedrooms. 1st floor: Large open space, small office & bathroom. Large terrace around 1st floor. Beautiful country & sea views. Around 3km from Moncarapacho.  
Ref: 1991 Price: € 440,000



### Olhão

One bedroom apartment with sea views in the 5th floor, composed of living room and kitchenette, bathroom, 1 bedroom, 1 large Balcony and elevator, located in about 5 minutes from downtown.  
Ref. 1990 Price: € 45,000



### Quelfes

V3 Villa built in 2005. 257m² building area. 457m² plot. Detached Villa & separate garage incl. wc. Garden w/pool. Excellent condition. G-floor: Large living/dining area w/ fireplace, spacious kitchen, bedroom/office, bathroom. 1st floor: 2 bedrooms en-suite, A/c. Sat & Alarm.  
Ref: 1987 Price reduced: € 315,000



### Near Moncarapacho

Plot w/ 1.483m² for a villa in urbanization between Moncarapacho & Estói. This urb. stands in contrast to other by the plot sizes, creating the possibility of a villa w/ sw. pool & garden areas, still enjoying free space to the neighbours. 20mins from beach, highway & airport.  
Ref: 1985 Price: € 106,000



Professional Estate Agents

Mobile +351 919 521 737  
Paulo@AlgarveProperty.com

www.AlgarveProperty.com



**Paulo Nascimento**  
your professional real estate consultant

Gov. Lic. AMI 2196



### VILAMOURA - "UNDER MARKET PRICE"

Ref. A92404  
Investment opportunity. Reduced from €360.000. Two bedroom apart. surrounded by Golf. 5 min from the marina & beach. Large green areas & pool. Fitted kitchen. A/c. Private parking & storage. Direct access to the garden. Looking for quick sale.  
Price: € 279.000



### VILAMOURA - PINHAL

Ref. V102720  
Three bedroom villa with 211 sq.m. Near amenities. 800 sq.m. plot. Furnished and equipped. Large living room with fireplace. 2 suites. A/c. Recently refurbished. Landscaped garden with pool and a BBQ area. Between the Old Village and the golf.  
Price: € 625.000 (NOW REDUCED)



### VILAMOURA - MILLENNIUM

Ref. A102755  
Two bedroom inside the Golf Course. 100 sq.m. Complex of 16 apartments. Furnished and equipped. Private garden with 40 sq.m. A/c. Alarm. Underground parking space. South facing with excellent sun exposure.  
Price: € 220.000



### VILAMOURA

Ref. MB102751  
Three bedroom villa. Quiet & residential area near several golf courses. Near all amenities. 200 sq.m. Fitted kitchen. 3 suites. A/c. Top finishes. Large basement w/ lounge/games room, bathroom, storage & office/extra bedroom. Direct access to private garden & pool. Garage.  
Price: € 475.000



# Make the airport your shop window



1,000's of copies of The Portugal News are distributed at Faro airport every week to arriving and departing passengers. An estate agent's window can't beat that for property exposure!

To advertise on these pages, please phone Bella Talhadas on 707 500 677 or 914 393 736

## QUALITY AT THE RIGHT PRICE

Ask about PAINTING PROMOTIONS

### OPRA-pt

ONLINE • PROPERTY • RENOVATIONS  
ALGARVE

Alvor / Lagoa / Carvoeiro / Ferragudo / Armação de Pêra etc.  
Free Webcam option whilst work is carried out

### OPRA is more than your average building company

**OPRA will undertake your renovation project with a professional approach from start to finish!**

Check out our A-Z list of services

Speak to one of our directors on

Our Team offers a comprehensive service from start to finish, renovating part or all of your Algarve home - and offer a maintenance contract on completion. Plus all minor repairs around the home.

From a bathroom refurbishment to a complete remodeling of the entire property, whether you are keeping the rustic charm of your Portuguese home using traditional updated methods, or totally modernising to bring your home into the 21st century, OPRA caters for every clients' different needs and desires.

Tel: 966 521 828 • 938 665 717 • [www.opra-pt.com](http://www.opra-pt.com)

## An Algarve Dream



### Casa Sao Clemente

Alfarobeira

Above: A fully enclosed 1½ acre landscaped garden surrounds this huge 900+sqm home which is approached through high electric gates with security camera monitoring. Clockwise from left top: The outdoor covered Dining Terrace with outdoor Kitchen/Bar and Lounging Area; The 7 person Hot Tub, a Cabana and the obligatory heated Pool with an abundance of shaded seating areas; The Formal Sitting Room; The wonderfully light and bright Gourmet Kitchen with all the bells and whistles. This kitchen also, has a built in "dumb waiter" that serves the Wine Cellar and large downstairs formal Dining Room.

#### Features:

- ❖ 1 ½ acres landscaped gardens
- ❖ 6 en suite bedrooms
- ❖ Large Sitting Room
- ❖ Formal Dining Room
- ❖ Eat in Luxury Kitchen
- ❖ Home Cinema room
- ❖ Snooker Room
- ❖ Entertaining Dining Room
- ❖ Temperature controlled wine cellar
- ❖ Covered Dining Terrace/BBQ Terrace
- ❖ Heated Pool
- ❖ Hot Tub (7 person)
- ❖ Huge Sun Terrace
- ❖ Flood Lit Tennis Court
- ❖ 3 Car Car Port
- ❖ Electric Security Gates
- ❖ Alarm
- ❖ Electric Shutters
- ❖ Bore Hole and Water Purification System
- ❖ Electronic Irrigation
- ❖ Air Conditioning
- ❖ Under Floor Heating
- ❖ Solar Panels
- ❖ Sealed Double Glazing throughout

This beautiful home is offered by the Owners for sale at only £1,450,00 (fixed exchange rate £/€ 1.2068 – the Owners assume exchange rate risk) or €1,750,000.

Call 91 619 6053 OR take a look at the web site [www.algarveluxuryhomesforsale.com](http://www.algarveluxuryhomesforsale.com)

## Abode

SOFAS - DINING FURNITURE  
MATTRESSES - BEDROOM FURNITURE  
OUTDOOR FURNITURE  
MIRRORS - ACCESSORIES  
CURTAINS - LINEN  
PICTURES - FAUX PLANTS

**\*FREE DELIVERY**  
\*Terms & Conditions Apply



**\*Price Match Guarantee**  
\*Terms & Conditions Apply

### LARGE STOCK AVAILABILITY

Buy as little or as much  
as you need

Beds from €99

Outdoor Furniture  
from €299

Full Furniture Packages  
down to pots & pan  
Starting from £2,899

Open 6 days a week  
Monday to Friday 10am - 6pm  
Saturdays 10am - 2pm

Portugal: +351 282 762 070

UK & Spain: +44 870 803 2970

[info@abode-group.com](mailto:info@abode-group.com)

[www.furnishyourabode.com](http://www.furnishyourabode.com)





## ALGARVE REMOVALS

Relax, your move is in safe hands.

### REMOVALS

- Weekly full or part load removal service to and from UK, Portugal & Ireland
- Full or part packing service
- One box to full load removals
- Villa to villa moves within the Algarve

### STORAGE

- Storage warehouses in both the UK & the Algarve
- Self storage available for long or short periods
- Fully insured, secure and alarmed

### ONLINE SHOPPING

- Shop online at main high street stores and have your items delivered the following week
- Anything from one to multiple items

Call us now for a FREE quote

UK Tel: 0044 (0)1245 468888  
Mob: 0044 (0)7711 179842

Algarve Tel: 00351 289 513851  
Mob: 00351 968019226

Email: sales@algarveremovals.com

www.algarveremovals.com



## Best Priced Properties Across The Algarve

**S. Bras de Alportel, Ref: S577**  
**REDUCED BY 15% €595,000**

- 2 storey villa + guest cottage
- 4 bedrooms & 3 bathrooms, fully furnished
- 70m² lounge/diner, sauna, central heating
- 11,000m² elevated plot, heated pool, waterfall
- Covers 3 separate plots, glorious country views



**Sagres, Ref: S872**  
**REDUCED BY 5% €525,000!!!**



- Immaculate 2 storey detached villa
- 5 ensuite bedrooms
- A/C, solar heated saltwater pool
- 738m² plot with BBQ area and wooden house
- Located within 1km of beach and amenities



info@togo-for-homes.com  
**www.togo-for-homes.com**  
Office Tel.: 282 432 004  
Shop in Alvor Tel: 282 476 568  
Fax Number: 282 458 177

**frontera.**  
Furniture - muebles

Our living solutions combine great design and quality with fantastic value for money.

Bringing style into any home, whatever your requirements or budget. From a coffee table to a complete furniture pack.

Monday to Friday, 10am - 6pm  
Saturday & Sunday, 10am - 5pm

Tel: 289 392 461 or 911 911 909 info@furniturefrontera.com www.furniturefrontera.co.uk

ALL OUR PRICES INCLUDE DELIVERY, INSTALLATION & IVA

Moncarapcho  
Olhão ← EN125 → Tavira  
Fuzeta

Furniture Frontera, EN125 near Fuzeta

\*Soft furnishings only available with furniture packs

**FÁBRICA PVC TECH**  
ROBERTO MARCOS, UNIP, LDA.

**aluplast**  
Kunststoff Fenestrasysteme

Manufacturing company, Perfils PVC directly imports from Germany, 'Aluplast' and other aluminium products, with Portuguese 'know how'. Different security levels are available on all our products.

**Aluminier**  
TECNIAZ  
Rede de qualidade de instaladores Technal

CERTIFICADO DE GARANTIA

- \* Windows and doors
- \* Roller Shutters
- \* Mosquito Screens
- \* Front Doors
- \* Opening Shutters

www.pvctech.eu  
email: pvctech@gmail.com

ALUMINIUM  
Tel.: 282 343 325 • Fax: 282 343 265  
PVC  
Tel.: 282 356 420 • Fax: 282 356 422

## Don't wait for passing trade.



Each week people QUEUE for their copy of *The Portugal News* and 1,000's more discover it at FARO AIRPORT. Your business couldn't ask for more exposure! To advertise in next week's edition and bring customers to YOUR door, call 707 500 677 TODAY

**THE PORTUGAL News**  
sought-after & well-read

Buying or selling contact **SORAIA SANTOS**  
**AWARDED RE/MAX AGENT #19 in Portugal**  
**#3 in the Algarve**

Contact Me!

**SORAIA SANTOS**  
Tel: +351 962 014 793  
email: ssantos@remax.pt  
www.remax.pt/ssantos

**Vilamoura:** 2 bedroom apartment in a complex with pool and garden by the Millennium Golf Course. Garage. Large veranda facing South. Lift. Fully furnished.  
**GOOD VALUE! €190,000.**

**Vilamoura:** Ground-floor 3 bedroom apartment, 1 en-suite. Terrace with direct access to the garden and swimming-pool area. Fully furnished. Close to the Hilton.  
**EXCELLENT VALUE! €217,500.**

**Vilamoura:** 3 bedroom townhouse with individual swimming pool, garden and BBQ and car-port. Air-con & fireplace. Walking distance to the Old village and Hilton Hotel.  
**GREAT PRICE! €345,000.**

**Vilamoura:** 4 en-suite bedroom villa. Swimming-pool and BBQ. All rooms are spacious. Air-cond. and central heating. Fireplace. Garage. With golf and sea views.  
**GOLF FRONT! €1,450,000.**



# Titchmarsh's tips for plants in poor conditions



Hydrangea paniculata

Tips for all-weather plants which will grow in the worst conditions.

I caught up with TV gardening guru Alan Titchmarsh recently, who has been busy covering the horticultural show circuit offering advice to the public on all-weather plants which will grow in the worst conditions.

At the BBC's Gardeners' World Live in Birmingham, England he started on the subject of clay. Those with clay soil (in various areas of Portugal) often despair that they're unable to dig it

in really wet weather because it becomes so sticky and gluey it resembles a quagmire, while at the first sign of hot weather it goes as hard as rock and even the strongest gardener won't be able to get a fork into it.

Of course, you can improve heavy clay soil by digging in as much well-rotted organic matter as you can and adding plenty of gritty horticultural sand to help drainage. Clay soil doesn't drain easily and tends to become waterlogged in persistent wet weather.

Alan, however, says clay isn't all bad and that as a general rule

don't try to fight the conditions, but make the most of plants that are happy growing in your type of soil.

Clay particles hold in nutrients, so the more clay and humus there is in the soil, the more nutrients it can hold. This means that clay is actually among the

most fertile of soils.

He says: "Willows love damp earth and clay. *Salix daphnoides* (Violet Willow) can be grown like dogwood. Chop it down in February and it will grow new stems, providing winter colour and foliage in spring. It's fast growing and will reach 2.5m each season."

Other great shrubs Alan recommends for clay include *Viburnum 'Pragenze'*, a rounded evergreen type with narrow, textured leaves and clusters of pink buds which open to white flowers in late spring. *Euphorbias*, *spiraeas*, *rodgersias* and, of course, roses, will all thrive in clay soil.

"There's the wonderful *Rosa rugosa* - the flowers look like crepe paper, don't get mildew or blackspot, make waist-high informal hedges and have hips following the flowers," Alan adds.

Other plants which do well in clay soils include *Choisya ternata* (Mexican orange blossom), *Hydrangea paniculata*, *Kerria japonica*, *Mahonia x media 'Charity'* and *Weigela 'Kosteriana Variegata'*.

While clay may be one problem, shade is another, but there are plants which will survive the most inhospitable situations. Hostas love shade and you can buy copper collars to place around them to prevent slugs and snails chomping their way



Rosa rugosa

through the young shoots.

Another exotic-looking plant which loves shade and needs relatively little maintenance, says Alan, is the *fatsia*, with its bold, glossy leaves. If the frost catches it, just chop off the damaged leaves and strong new growth should soon appear.

If you have dry shade, look no further than *Acanthus mollis*, commonly known as bear's breech, a perennial which will cope well with drought and poor soils.

"It's an architectural beauty with towering, stiff spikes of purple-hooded, white or pink flowers above good, glossy green leaves," Alan adds.

Some bamboos will also thrive in shade, but make sure if you have limited space you buy the clump-forming varieties rather

than those which spread rampantly and are then extremely difficult to dig up.

*Phyllostachys nigra*, black bamboo, which reaches a height of 5m, is a brilliant clump-forming type - with arching canes which turn black after a couple of years - and looks wonderful in a modern, minimalist setting. It can also be grown in large containers if they are not allowed to dry out, but needs some direct sunlight to ripen the canes fully.

Blue bamboo, *Himalayacalamus hookerianus 'Himalaya Blue'*, which grows to 6m, is perfect for smaller gardens, adding tall interest to shady areas, with its blue-green stems.

Look carefully and you will find a wider range of all-weather plants than you first thought.

Hannah Stephenson



Phyllostachys nigra, black bamboo

## Three ways to...

### preserve herbs

1. Chop up and put fresh herbs such as basil, coriander, chives, mint and parsley in a little water and transfer the mixture into ice cubes, for use in casseroles, soups and other warming dishes.

2. Pick whole stems of long-stemmed herbs such as basil, sage, rosemary and mint and tie in loose bundles so air can circulate between them. Hang the bundles in a warm, well-ventilated place until they are dry. Pick the herbs just before they flower as this

ensures that the oil content in the leaves, which provides the flavour, is at its highest.

3. Preserve herbs in vinegar for excellent salad dressings. Wash them in cold water and crush the herb slightly to release the flavour. Then push into a tall, clean, sterile bottle and fill with warmed vinegar (wine and cider types work best).

Seal the bottle and leave to infuse for a few weeks before use. Good herbs for this include rosemary and basil.



**Canteiros do Sol, Lda.**  
Landscaping & Garden Experts



Imagine your garden:  
We'll make it real

Contact us now for a  
free quote and be  
surprised at the price!

Visit us at  
[www.canteirosdosol.com](http://www.canteirosdosol.com)  
Contacts:  
[canteirosdosol@sapo.pt](mailto:canteirosdosol@sapo.pt)  
Tel. & Fax: 289316904  
Mobile: 962482722  
966178318



**GARDEN CENTRE**  
Tel: 282 768 776  
Tel: 282 768 777  
Mob: 918 798 515  
Fax: 282 768 778  
[gardencenter@ecosistemasol.com](mailto:gardencenter@ecosistemasol.com) | [www.ecosistemasol.com](http://www.ecosistemasol.com)

**prime**  
eic  
ISO 9001  
OFFICE

Tel: 282 799 537  
Mob: 919 845 659  
Mob: 961 345 276  
Fax: 282 799 030

**Garden Centre, Nursery & Pool Shop**  
All aspects of landscaping service FREE quotation & design



**ALGARVE TREE SERVICES**

PRUNING  
DISMANTLING  
FELLING  
STUMP GRINDING  
BRUSHWOOD CHIPPER  
SERVICE

917 479 921  
[www.algarvetreeservices.com](http://www.algarvetreeservices.com)

QUALITY TREE CARE  
ACROSSTHE ALGARVE



**Hemerocallis**  
**15% off**  
(From 12 to 17 July)  
Open 9am to 7pm  
[www.qgardenpt.com](http://www.qgardenpt.com)

E.N. 125 Odiáxere - 8600 • Lagos • Tel 282 799 633



## CHARTERED SURVEYOR

COMPLETELY INDEPENDENT ADVICE

**PROPERTY LYNX, LDA**   
Chartered Surveyors

- Property Surveys
- Valuations
- Free Planning Clinics
- Home Information Packs for Sellers

Please contact Ian Rostron BSc MRICS, living and working in the Algarve since 1990, for more details and a guide to pricing.  
Tel (00351) 965 099 409  
ian@propertylynx.eu - www.propertylynx.eu

To advertise, call our Sales Manager on 707 500 677

## CONSTRUCTION

ALVARÁ Nº 56504

**Build 4-U-Lda**

**Villa Construction & Renovations**  
Over 20 years operating throughout Portugal

Contact Alan McCormick on 919 356 749  
Tel/Fax: 289 394 196  
build-4-u@sapo.pt  
www.build-4-u-lda.com  
Estrada Vale de éguas, nº. 18  
Apartamento 4, 8135-018 Almancil

**B & R Build & Renovate**

- Extentions
- Renovations
- New buildings

Working within the English Community more than 10 years

Av. José Costa Mealha Nº131-A, R/C Dto. 8100- 500 Loulé  
Tel. 289 417 867 Mob. 966 570 158 Fax. 289 417 869  
build.renovate@gmail.com

**DAMP SOLUTIONS**  
Professional Weathering Products

Specialising in Treatments of:  
**Rising and Falling Damp**

\*Roofs \*Retaining walls \*Terraces \*Cisternas

**CONTACT US TODAY FOR FREE ESTIMATES!**  
Tel: 289 508 075 - 962 848 744 - colin@benel.com

**WALL 2 WALL CONSTRUCTION.NET**

## David Wilson, Lda

All construction works undertaken

Fully licensed and insured

Tel: 289 489 579

Tm: 91 9 38 38 52 or 91 722 7087

Alvara License No 55928

## Hofhouse Portugal



award winning construction technology

www.hofhouseportugal.com

Rua da Moirheta 32 • P-8365-062 Algoz • 918686213 • 961580615

## DO YOUR WALLS LOOK LIKE THIS?

After a wet winter, leaky roofs and water infiltration create unsightly mould and foul damp smells. We can fix it, **GUARANTEED!**

ALSO:  
Kitchens • Bathrooms  
Roofing • Danish Wooden House Kits

**Jensen Portugal Lda**

DANISH QUALITY AT LOCAL PRICES

Mob: 963 947 566 • Fax 289 463 891

jensenportugal@sapo.pt • www.jensenportugal.com

See page 2 for our exact print run this week.

## HOME IMPROVEMENTS

**GIANTS WINDOWS LDA**

Windows and Doors in PVC & Aluminium  
Manufacturer of glass curtains and roof skylights

Security front doors, folding systems, conservatories, insect protection, roller shutters, aluminium shutters.

Any kind of repair & maintenance service

Rua de Faro, nº14  
8005-531  
Santa Bárbara de Nexe (near the Algarve football stadium)

911 199 888  
289 998 050  
289 998 279

e-mail: giantswindows@hotmailmail.com  
www.giantswindows.net

Opening times:  
Monday - Friday  
09.00h - 13.00h & 15.00h - 18.00h  
Saturday Closed

QUALITY • DESIGN • FUNCTION

algarvecarpenter.com  
282 768 622 • 966 146 554

save money on water bills with artificial grass

Tel 938168354 • 967516981  
jfc151@msn.com or www.artgrass.eu

www.theportugalnews.com

**GLASS CURTAINS FRAMELESS GLASS BALCONY AND TERRACE ENCLOSURES**

- Glass/Shower Doors
- Glass Fencing
- Pool surrounds
- Toughened glass
- Glass tables
- Air conditioning
- Windows
- Mirrors

**House of Glass**  
Showroom Tel: 289 093 067 Mob: 912 984 255  
houseofglass.algarve@gmail.com  
www.houseofglass.eu

Albufeira • Faro  
Vilamoura • E.N.325

## INTERIORS & FURNITURE

**Angela Marshall Interiors**

Soft furnishings for every home or at sea.....

- Luxury Bed Linen and throws
- Custom made curtains lots of original styles
- All types of blinds including best quality verticals
- Cushions scatter and seating areas
- Re-upholstery and loose covers
- Boat canvas and interiors

All manipulation of fabric work taken, call for a quote today

Email: Amashall@sapo.pt  
Lori: 916130236 • Shop: 282798419

THE HIGHEST OF QUALITY

**DESIGNER TEXTILES**

Quality fabric for less suppliers of

Curtains and poles Soft furnishings  
Blinds Upholstry  
Bed covers Furniture

Tel/Fax: 282 799 610  
Designertextiles@sapo.pt  
Open Mon - Fri: 10am - 6pm  
Loja 11, Parque Commercial do Infante, Torre, Odiáxere, Lagos

LAGOS • ODIÁXERE • PORTIMÃO

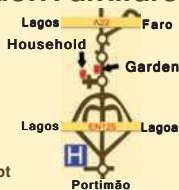


**MÓVEIS MALHEIRO****Household & Garden Furniture**

Mon - Fri: 9am - 7pm  
Closed: 1pm - 3pm  
Sat: 9.30am - 1pm

Urb. do Malheiro  
R. das Acácias, Lote 4  
8500-331 Portimão

Tel: 282 491 583 Fax: 282 492 249  
moveis.malheiro@mail.telepac.pt

**FURNITURE PACKAGES****FROM****1 Bedroom apartment - €1,880.****2 Bedroom apartment - €2,556.****ALL items with FREE delivery & assembly****www.moveismalheiro.com****THE PORTUGUESE LINEN SHOP**

Established over 20 years buying from  
the BEST manufacturers in Portugal



We sell bedding in all  
sizes, in 100% Egyptian  
Cotton at accessible prices.  
- Bedspreads  
- Curtains  
- Towels  
- Duvets & Pillows  
- Toppers & protectors  
and much, much more

**LAGOA:** We are on the EN125 located between the Total Petrol  
station and Vodafone, on the Carveiro roundabout  
Open Mon - Fri - 10am - 6pm Saturday 10am - 1pm  
Tel: 282 353 244 / Mob: 968 237 310

[www.bedspreadsportugal.com](http://www.bedspreadsportugal.com)  
[information@bedspreadsportugal.com](mailto:information@bedspreadsportugal.com)

**COMPLETE FURNITURE PACKAGES  
FROM €4,995 - NO HIDDEN EXTRAS!**

**Also in stock a large selection of**  
**Paintings**  
**Bed Linen**  
**Sofa Beds**  
**Bedroom, Dining Room**  
**and Living Room Furniture**  
**Soft Furnishings**  
**and Accessories**

**VISIT OUR SHOW APARTMENTS IN:**

- Vista Das Ondas, Olhos D'Agua
- Vila Ancora, Porto de Mos, Lagos
- Quinta Das Palmeiras, Lagos

**Tel (+351) 289 398 573**  
**Tlm (+351) 910 410 410**

[news@ideallivingportugal.co.uk](mailto:news@ideallivingportugal.co.uk)  
[www.ideallivingportugal.co.uk](http://www.ideallivingportugal.co.uk)

**IDEAL  
LIVING**

PORTUGAL LTD

**HARRISON BESPOKE BEDS****Bedrooms Extra**

*The biggest 'British Bed'  
retailer in the  
Algarve*

**Curtain,  
Poles  
& Tracks**

**All  
British  
fire reg**

**Relyon**

The Best Beds in the World

**3ft  
mattress  
from  
€89**

**All in stock  
FREE  
delivery**

**We take  
your old  
bed away and  
give it to  
charity**

All mattresses British made to British standard

**Large  
selection  
of dining  
sets**

**Dura Beds  
with their  
great range**

**Over 100  
bedrooms on  
display  
All Different**

**ENGLISH LINEN**Tel: 282 762 383 | E-mail: [sales@bedrooms-extra.com](mailto:sales@bedrooms-extra.com)Website: [www.bedrooms-extra.com](http://www.bedrooms-extra.com)

Torre, Odiáxere 8600 - Lagos

*If you have seen the rest,  
please come and see the best.*

**Furniture World**

**Tables, Chairs, Beds, Chests,  
Wardrobes, Coffee Tables, Bookcases,  
Sofas, Rugs, etc..etc..**



**Solid Wood Furniture  
All at Realistic Prices**

[www.furnitureworld.pt](http://www.furnitureworld.pt)

Urb. da Marateca  
Lote 5, Chinicaflo, Lagos

Lagos Portimão

EN125  
2km from Lagos  
Next to Solmate

**Tel: 282 798 263**

Come and look, be inspired - add style to your home

**LUZDECOR**

Mobiliários, Cortinados e Decorações Interiores



**We can transform your property  
completely or one room at a time**  
**In house design service at NO extra cost**  
**Turnkey packages available tailor made to  
suit your property and your budget**

**We look forward to seeing you at**  
Showroom: Lote 38, Vila das Acácias,  
Praia da Luz 8600 - 124 Lagos  
Tel: 282 789 849 Mob: 917 771 831  
[luzdecor@world.net.pt](mailto:luzdecor@world.net.pt) • Visit: [www.luzdecorhome.com](http://www.luzdecorhome.com)

**Algarve CURTAINS**

**Curtains, Cushions, Bedcovers Made to Measure**  
**Tracks & Poles Supplied and Fitted**  
**Foam Cut to Size**

**QUALITY WORK AT  
SENSIBLE PRICES**

**Tel: 282 493 238 Tlm: 964 677 699**  
Rua Infante D'Henriques No. 42, Ferragudo, Lagoa  
**PLEASE PHONE FOR APPOINTMENT**

SERIOUSNESS - PERSONALIZED SERVICE - PROFESSIONALISM

**AMBIENTES  
com  
ARTE**

by Cristina Oliveira

- PROPERTY MANAGEMENT
- INTERIOR DESIGN
- SMALL PRIVATE EVENTS

Contact Algarve's n°1 Interior Designer today!  
962 805 107 • [ambientescomarte1@gmail.com](mailto:ambientescomarte1@gmail.com)  
[www.ambientescomarte.com](http://www.ambientescomarte.com)



**TheLinenStore**  
home textiles

**NOW  
OPEN IN  
LUZ**

Towels  
Sheets  
Duvet covers  
Pillows  
Rugs

25 Rua d'Abril • Praia da Luz  
282 760 770 • 914 207 649  
[info@luzalgarve.com](mailto:info@luzalgarve.com)

**www.theportugalnews.com****KITCHENS****Klass Cozinhas**

**ALSO  
MADE TO  
MEASURE  
WARDROBES**

**Come visit our showroom in Lagoa**  
**We are open 6 days a week**  
**and can offer you**  
**TOP QUALITY KITCHENS at the**  
**LOWEST PRICES AROUND**  
**All construction work undertaken**  
**282 342 062 or 926 148 240**

**LEGAL & FINANCE**

**Danielle Shrimpton LL.B.**  
**Solicitor**

**Legal Qualifications for UK and Portugal**  
**Property - Wills / Probate - General Legal Matters**

Largo Salazar Moscoso, Lote 4 Loja B  
8600-522 LAGOS - Portugal  
e-mail: [danielle.shrimpton@gmail.com](mailto:danielle.shrimpton@gmail.com)

**Tel: 282 080 008**  
**Fax: 282 181 164**  
**Mob: 918 787 729**

**The 6th largest weekly  
newspaper in Portugal,  
in ANY language!**

**www.theportugalnews.com**



## MORTGAGE?

We are INDEPENDENT ENGLISH MORTGAGE BROKERS

**We can help you find the perfect Mortgage deal**

- ▶ We are Independent English Mortgage Brokers who have an expert knowledge of the mortgage possibilities throughout Portugal.
- ▶ We can find you up to 30 year terms and 90% loan to valuation on any kind of Mortgage.
- ▶ We deal with all Portuguese banks and have 27 years experience in the finance industry.

**Thousand Markets Lda**

For more information call

tel/fax: 21 386 6109

mobile: 91 853 9480

mobile: 91 672 1382

[www.portugal-mortgagesonline.com](http://www.portugal-mortgagesonline.com)



toldolanda



**toldolanda** Imp. e Comércio de Toldos, Lda  
[www.toldolanda.com](http://www.toldolanda.com) | [www.weinor.com](http://www.weinor.com)  
[info@toldolanda.com](mailto:info@toldolanda.com) | Portimão | 914 609 517  
 toldos | awnings | markisen | zonwering

Assembly of Doors and Windows in PVC/Aluminium, Shutters, Mosquito nets, Blinds, Electric blinds, Conservatories.



**PVC Directo**

**We double the glazing - Not the price**

Tel: 916 184 148 / 969 410  
 952 • Fax: 282 380 308  
[pvcdirecto@gmail.com](mailto:pvcdirecto@gmail.com)

## PROPERTY MANAGEMENT

**Put your property in safe hands with**



**Professional Property Management**

Caring professional team with many years experience of property ownership on the western Algarve.

Full range of management services tailored to meet your requirements.

New 'Home Planner Service' full assistance with furnishings & fittings for your home. (even in your absence) Full details on request.

We care about you & your property. We guarantee our best attention at all times.

Complete peace of mind

**For a no obligation discussion call Doreen**

Office: 282 792 630 • Mobile: 916 536 783

[office@apartmentalgarve.com](mailto:office@apartmentalgarve.com)

[doreen@algarveapartment.co.uk](mailto:doreen@algarveapartment.co.uk)

## PAINTING

MERCI GRACIAS OBRIGADO TACK BEDANKT GRAZIE THANK YOU DANKE

**PAINTERS & DECORATORS**

- All painting jobs undertaken interior / exterior
- Treatment of wood & iron
- Varnish wood & flooring
- We also work with ecological odourless paint

**JOÃO Telm: 964 148 422**  
**Email: vanya\_64@hotmail.com**

DANKT GRAZIE THANK YOU DANKE SHON MERCI GRACIAS OBRIGADO TACK BEDANKT GRAZIE THANK YOU DANKE

All property pages can be viewed on-line free of charge

## PROPERTY SERVICES

**PoolSafe.eu**  
 Tel 289 591 662 [info@poolsafe.eu](mailto:info@poolsafe.eu)

FINALLY - A GOOD 500 MICRON POOL COVER  
 Three seasons ??? 8 Seasons warranty

old type weak spots No words needed! DOME BUBBLE

Fixed Security Fences and Gates, metal fences Steel and glass, Gates, Removable fences Hotels, Condos, private. Free onsite survey. Call us to make your pool area safe for kids NOW.

[www.poolsafe.eu](http://www.poolsafe.eu) offices:- Salgados Albufeira



## Solar Safe Pool Covers

THE most cost effective way to heat your pool  
 Increases water temperature by 8°C, doubles pool usage season, safe for children and pets, keeps pool clean, saves water, no ugly roll station.



Peter Read 963 346 631

[solarsafecovers@hotmail.com](mailto:solarsafecovers@hotmail.com) • [www.solarsafepoolcovers.com](http://www.solarsafepoolcovers.com)

## RELAX

GMT are just a phone call away 24:7!

**GMT**  
 24:7

**Property Maintenance Club**  
 Join and benefit from...

FREE 24:7 emergency callout service  
 GUARANTEED 60 minute response time  
 FREE home improvements loyalty voucher

...from only  
 €34.99 a month

For more information

Call +351 282 098 600  
[info@gmt247.eu](mailto:info@gmt247.eu)  
[www.gmt247.eu](http://www.gmt247.eu)

PROPERTY MAINTENANCE & HOME IMPROVEMENTS  
 WESTERN ALGARVE | PORTUGAL

## DID YOUR RENTAL PROPERTY MAKE YOU ENOUGH MONEY LAST YEAR???

- Properties Needed In the Algarve: For Management and or Rentals
  - Absolutely Free For Properties Managed by Us: No Commissions Charged on Holiday Rentals Fiscal Representation
  - Holiday Bookings Only: Cost-effective Fees
- Very Competitive prices on furniture packs.

**RENTALS SHOULDN'T COST YOU MONEY!!!!**  
 Speak to us today!!!

**DIVINEHOME**

PROPERTY MANAGEMENT

Quinta da Orada, Lote 6, Loja 37

Marina de Albufeira 8200-371 Albufeira

tel 351 289 543 700 • mob 911 010 101

[info@divine-home.com](mailto:info@divine-home.com) • [www.divine-home.com](http://www.divine-home.com)

**Portugal Auctions**  
 Pro-Active Property Marketing

**Buying or Selling Property?**

Pro-active Property Marketing through Auctions, Exhibitions & i-spy360 Virtual Tours

Welcome to our Website  
[www.portugalauctions.com](http://www.portugalauctions.com)

Email: [sales@portugalauctions.com](mailto:sales@portugalauctions.com) or telephone Morag on 91 420 9965

**HAVE IT ALL NIGHT LONG!**

**S.O.S.**  
 SKY DIGITAL TELEVISION

All Your Channels  
 All Night Long Guaranteed  
 The Best Reputation on the Algarve

Chris Whitman  
 916 378 722  
[sasskydigital@msn.com](mailto:sasskydigital@msn.com)

Add your events

**Event Calendar**

go to  
[www.theportugalnews.com](http://www.theportugalnews.com)  
 click on the icon  
 and add  
 YOUR event  
 or see what's on



## Rentals - do you need more rental bookings than last year?

- 1 We are looking for Rental Properties along the whole of the Algarve to fill overflow bookings
- 2 We offer Property Management, or will work alongside your chosen company and just maximise your bookings
- 3 We give a money back guarantee that you will re-coup the cost of joining our rentals programme
- 4 We also have furniture packs to suit any budget - or part furnish - or just refresh your tired bits
- 5 We are an established Company currently averaging 15 weeks rental for each property

Phone Caroline on  
00351 916 087 923  
caroline@ifrm.co.uk  
www.ifrm.co.uk



**MANAGEMENT  
FURNISHING  
RENTALS**



### Villa and Separate Plot - Silves



3 Bedrooms, 3 bathrooms, large lounge/dining room, hi tech kitchen, solar water heating, central heating, air conditioning, excellent insulation, garage, south facing with exceptional views.  
Covered Area - 200m<sup>2</sup> • Land - 1080m<sup>2</sup> • Separate Plot - 1.160m<sup>2</sup>  
EXCELLENT INVESTMENT • Price - 275.000€ • Ref 1774  
Book an appointment to view  
Tel - 282 444510  
Email - sales@minitarealestate.com  
Website - www.minitarealestate.com

## Portugal at your fingertips!

Portugal-info has been active since 1997 and is a unique network where browsers can find everything they need to know about Portugal.

Portugal-info is all about business. If you need more, you need to be included in the network.



Portugal-info  
informing the  
world about  
Portugal

Find out how little it costs to buy so much exposure:  
info@portugal-info.net or  
282 423 770  
Also see details by  
visiting www.algarve.ws

## PRIVATE SALE



### QUINTA JACINTINA, ADJ VALE DO LOBO ALGARVE

Spacious semi-detached Villa with 4 beds, 4 baths and private pool Fully fitted, furnished and equipped to high standard.

850,000 Euros

MOBILE:  
+44 7831 226 460  
k@cvt-fn.freeserve.co.uk

Situated within the Golden Triangle, v/nr Quinta do Lago and its Shopping, various beaches, and many other amenities. 1.2 km from the famous Julia's (Garrão) beach. Restaurants, supermarkets, several golf courses, tennis, horse riding, etc in the immediate vicinity. Opportunity to acquire a property in sought after area with good summer rental income. Spacious lounge, fitted kitchen, fitted bathrooms, lit lawned gardens with palm trees etc, satellite, alarm & air conditioning/heating. Mortgage arranged subject to status.



Tel 00351 289 310 210 - info@algarveproperty.com  
www.algarveproperty.com



## QUICK PROPERTY SEARCH

Get a quick overview of properties available from our home page. Hundreds of properties to see, classified by Price Range  
[www.theportugalnews.com](http://www.theportugalnews.com)



go to  
[www.theportugalnews.com](http://www.theportugalnews.com)  
click on the icon  
and  
add YOUR event  
or see what's on



Reach 6 potential clients for just 1 cent  
Call 707 500 677 TODAY

## REAL ESTATE

## EXCELLENT INVESTMENT OPPORTUNITY PORTIMÃO ALGARVE

Offers upwards of €2m

570,000m<sup>2</sup> adjacent to the Formula 1 approved Algarve International Race Track in the fastest growing area of the Algarve.

Interested parties please apply to:  
Tel: +351 961 270 354  
e-mail: carvoeiro.branco.lida@gmail.com

**Geohabitat**  
Ambiente & Saúde, S.A.

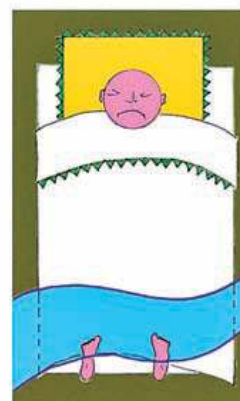
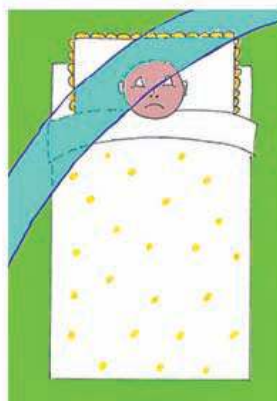
## Negative Earth Energies Workshop

17<sup>th</sup> - 18<sup>th</sup> July, 2010  
COLARES - SINTRA

How to detect / How to remove the detrimental effects  
**Negative energies related health issues**

Visiting professor  
**Richard Benishai**  
[www.geobiology.co.il](http://www.geobiology.co.il)

Information:  
e-mail: [info@geohabitat.pt](mailto:info@geohabitat.pt)  
phone: 214 663 000  
mobile phone: 912 633 231  
website: [www.geohabitat.pt](http://www.geohabitat.pt)





# Slimmer, faster, greener Porsche Cayenne

An aesthetically pleasing, greener and appealing proposition, the Porsche Cayenne is peerless on the road

Porsche is a company familiar with making steady progress: witness the enduring appeal and success of its 911.

The analogy does come unstuck slightly when the conversation turns to Porsche's Cayenne SUV, however. This was one of those revolutionary products; a gamble for Porsche, it divided opinion and many questioned whether the firm should be in the 4x4 market at all.

Time, and the company's bottom line, has proven that it was. Being Porsche's first attempt it was inevitable that there would be room for improvement. This

And yes, you did read that right - Porsche will now sell you a hybrid Cayenne. In keeping with the its sister car, Volkswagen's Touareg, the hybrid follows Toyota's Prius and allows electric-only running along with petrol (in this case a 3.0-litre supercharged V6) only and a combination of the two power sources for that extra over-taking surge, for example.

Apart from keeping the green-tinted critics happy, this Cayenne S Hybrid demonstrates a pleasingly Porsche-like turn of speed on road and is capable of modest rough terrain running, al-

presence of an all-new interior modelled on Porsche's Panamera reinforces the German firm's increased focus on cabin quality.

Offering the best of everything, the Cayenne Turbo delivers an impressive blend of refinement, comfort, practicality and, unsurprisingly, performance. Thanks to the update programme, it now drives like a proper Porsche. On road it corners flat and can be thrown around with considerable ease - not something you can say about any rival SUV. Granted, the trick suspension system proves its worth, but it helps to have a willing engine, communicative steering and good brakes, too.

Taking a Cayenne on track sounds like a recipe for disaster - the reality is somewhat different. Boasting the agility - not to mention the pace - of something much smaller, a Cayenne Turbo will surprise even a 911 loyalist with its ability to change direction, grip

and, yes, even drift.

Don't forget that the Cayenne is also a fully-fledged off-roader. Even without the trick system reserved for the V8 models, the diesel and hybrid variants are capable of tackling more than just a gravel drive.

The others take things to another level, and while they may lack the previous car's low-range gearbox (a victim of the weight loss programme) the advanced traction and stability electronics are more than up to the task of challenging Land Rover's finest.

A more rounded, aesthetically pleasing, greener and appealing proposition, the Cayenne offers the best of both worlds for anyone seeking Porsche performance and everyday practicality. Peerless on-road in its class in V8 form and surprisingly capable off it, the new hybrid and established diesel variants respectively prove that economy and performance can mix.



third generation car is the culmination of many things: a steep learning curve, the desire to improve the car's appearance and maintain the Cayenne's position as a versatile off-roader and sporting car on road.

Long story short, it's job done for this 2010 model Cayenne. Visually the car is now more Porsche-like in appearance. Sounds funny, but its streamline profile, less aggressive nose and wider stance bring it closer in line with the 911 and shares more visual clues with the wider Porsche line-up.

The big strides have occurred under the skin. Not only does the Cayenne now look more like a conventional Porsche, it drives like one too. Chalk this up to a 100-odd kilo weight loss programme and a thorough suspension, transmission and steering refresh.

A clever air suspension system graces the flagship Turbo model and is option on all bar the lead-in V6 petrol, diesel and hybrid variants. It works exceptionally well, affording the car a sense of agility more appropriate to a premium saloon than a chunky SUV. Options include a clever torque vectoring all-wheel drive system and the ability to disengage the anti-roll bars to further enhance the car's performance on and off-road.

though it does without the fancy, high-tech all-wheel drive system of its petrol V8 relatives.

The hybrid's 193g/km CO2 rating is certainly appealing, as is its 6.8 L/100km combined economy figure. It'll keep the Porsche faithful happy though, as it'll sprint to 100kph in a rapid 6.5 seconds, reinforcing Porsche's assertion that the hybrid offers petrol V8 performance plus V6 levels of economy.

Diesel aside, although another sub-200g/km CO2 Cayenne, it's the aforementioned petrol V8s that remain the mainstay of the range. Even these haven't escaped the environmental clean-up, however. Economy is up and CO2 levels are down. A case in point is the 500 horsepower Turbo model, which boasts previous generation petrol V6 CO2 levels, coming in at a respectable 270g/km.

Part of this is down to a thorough engine and powertrain overhaul, which has resulted in considerable efficiencies. There's also a new eight-speed auto gearbox (shared with the non-turbo V8 and the hybrid), plus a stop-start system, which proves unobtrusive but effective around town.

With all this talk of economy and CO2 savings it's easy to lose sight of the Cayenne's core appeal. A few minutes behind the wheel soon puts that right, and even before turning the key the



**Model:** Porsche Cayenne Turbo, €153,001.00, range starting from €83,841.00  
**Engine:** 4.8-litre V8 turbo petrol unit developing 500 bhp.  
**Transmission:** Eight-speed automatic transmission as standard, driving all four wheels  
**Performance:** Top speed: 278 kph  
 0-100kph: 4.7 seconds.  
**CO2 emissions:** 270 g/km  
**Economy:** 11.5 L/100km

**Pestana GOLF & RESORTS ALCARVE**

Gramacho Vale da Pinta Silves Golf Alto Golf

[www.pestanagolf.com](http://www.pestanagolf.com)

<b>Summer Special</b> <b>2 Players + Buggy</b> <b>95€</b> June, July & August	<b>Twilight Green Fee</b> Gramacho: 26€ Vale da Pinta: 31€ Alto Golf: 28€
--	--

Contacts: Tel. 282 340 900 - info@pestanagolf.com  
[www.pestanagolf.com](http://www.pestanagolf.com)

**Free pickups from Carvoeiro & Ferragudo area**  
 Call 282 358 502 to book\*\*\*

## Vale de Milho Golf

*Ideal for short game practise!  
 Ideal for family golf!  
 Ideal for beginners!*

**SPECIAL PROMOTION (June-October)**

9 Holes - €20	18 Holes - €30
With Clubs - 9 Holes - €32.50	18 Holes - €47.50

**TWILIGHT PROMOTION €25**

**With Clubs - €40**  
 Valid Jun - Sep: After 2.30pm  
 Valid Oct: After 3.30pm

**BREAKFAST OR LUNCH**

9 Holes - €26.50	18 Holes - €38
With Clubs - 9 Holes - €40.50	18 Holes - €57.50

\*\*\* Subject to availability. No service at weekends.

Tel: 282 358 502 - Fax: 282 358 497 - Tlm: 919 816 560  
 E-mails: reservas@valedemilhogolf.com  
 Web site: [www.valedemilhogolf.com](http://www.valedemilhogolf.com)



# Take a break in the not so 'Windy



Pictured above: The Carbide and Carbon Building and below: a boat passes by the Sears Tower in Chicago.

Go for a high-flying city break in Barack Obama's hometown Chicago.

**T**he numbers on the lift dial speed upwards: 65, 66, 67... and we're not even near the top yet. Willis Tower - formerly known as Sears - is not for the vertigo-prone, I swiftly realise as I take the ear-popping ride towards the heavens.

Once the proud holder of world's tallest building status, it nestles these days between Chicago's legion of skyscrapers, a symbol of the sky-high aspirations behind it. Slightly dizzy from my rapid ascent, I stumble into the viewing gallery and gasp. Far beneath me, a breathtaking panorama stretches out in three directions.

The fourth vista includes Lake Michigan, so vast it could easily be an ocean. It is heady, to say the least, to look west and imagine the great American heartland rolling out beyond the horizon, hundreds of miles to the edge of the Pacific. But seeing it from above

does not give you a feel for this breathtaking city.

For that, you have to go down to the streets, smell the burgers and fries, hear the blues in the bars, feel the sand of the lake shore beach between your toes.

However, despite boasting all these pleasures and more, Chicago is unfairly overlooked at times. It may be the self-styled 'Second City' of the US, but compared to its flashier rivals it attracts far less publicity.

Los Angeles trades off its Hollywood glamour, San Francisco its hippy past and New York - well, it needs no epithet. And Chicago? We can name deep-pan pizza and corrupt local government as two of its better known products. But there is far more to it than this.

Unlike its supercool cousins, the city does not sit on the trendy East or West Coast, but in the rather less hip Midwest. This makes it something of an unexpected treasure when, after driving through the endless Illinois prairie land, its majestic skyscrapers appear on the horizon.

Built on the shore of Lake Michigan, it is a modern metropolis accommodating some of the

finest architecture in the Western world. The best way to see this is by boat. To get my bearings, I take a Chicago Architecture Foundation cruise along the turquoise river that snakes through the heart of the city.

Towering overhead on both banks, against a piercing blue sky,

are a dizzying number of Victorian, Modernist, neo-classical, neo-Gothic and Postmodernist masterpieces - all built since the Great Fire of 1871, which all but destroyed the centre. The blaze provided Chicago with an opportunity to start afresh and fashion a wonderfully liveable new city



from the embers of the old.

European influences abound - as one tour guide told us, "America didn't have its own architectural style before Frank Lloyd Wright" - but Chicago looks nothing like anywhere in Europe.

Its triumphs include Tribune Tower, whose resemblance to a cathedral is not accidental - the home of the Chicago Tribune was inspired by Rouen Cathedral in Normandy, complete with decorative buttresses and scrollwork. A sort of Midwestern Xanadu perhaps.

My favourite - The Carbide and Carbon Building is designed to look like a champagne bottle, with every bit as much fizz and sparkle in its unusual gold tower and dark green base.

And then there's the beach - a charmingly incongruous addition to the urban landscape. Gaze out from it across the lake and you'll fancy yourself on a seaside holiday. Turn around and you'll see the skyscrapers looming over you - a surprising contrast.

The pleasant walk along the lake shore - or cycle ride, if you prefer - will take you to touristy Navy Pier. Here, the air hangs heavy with the smell of fast food while greedy seagulls swoop to snatch morsels dropped by the overfed crowds.

Sandwiched between the usual

end-of-pier attractions is a McDonald's restaurant whose sign sports the legend: 'McDonald's the future.' But in Chicago, McDonald's is very much the present. Somehow I can forgive this though. For a fan of Americana in all its glorious and inglorious forms, the ubiquitous fast food chain is far easier on the eye here than it is at home.

Still, while Navy Pier merits a visit - especially for the twice-weekly firework display - it is not a place to spend the bulk of your time.

Lingered longer in the Art Institute of Chicago. A whole day, in fact. With one of the best collections of Impressionist paintings in the world, this enormous gallery is an art lover's paradise. Also worth a look is the American Modern Art section, where Grant Wood's American Gothic hangs alongside works by Edward Hopper, Georgia O'Keeffe and others.

And when your aching feet can't take any more, conceptual art-filled Millennium Park offers a vast expanse of green on which to lay back and take in that skyscraper-lined skyline some more. The park will give your purse a rest as well. No, Chicago is not cheap, although plentiful meals that don't break the bank can be found if you look hard enough.

Manny's Deli is the best lunch

## Special Reader Offers on Royal Caribbean & Celebrity Cruises



In association with Melair, the official agents for the above cruise lines in Portugal, readers can benefit by the following:

- The very lowest current prices
- A price guarantee if prices lower prior to your cruise
- Helpful and expert advice in English

### PLUS:

A complimentary bottle of champagne will be waiting for you in your stateroom as a Portugal News reader.

Despite what you may find on the internet, cruise lines very carefully control their prices on a weekly basis, and every agent receives the same prices. This is why it's helpful to be able to speak direct to a main agent and get their advice on current prices and the latest offers. For the best prices and the best advice, call Melair on (+351) 210 329 416 (in English) and please mention that you are a Portugal News reader to benefit from very special arrangements.

**Travel Insurance**  
For people living in Portugal  
Arrange instant low cost cover online  
[www.globelink.co.uk](http://www.globelink.co.uk)  
or call us on 0044 1353 699082

### The Portugal News TRAVEL WEBSITE

Past Reviews - Airline Links - Travel News  
Live Arrivals & Departures - Online Tickets

[www.travel.theportugalnews.com](http://www.travel.theportugalnews.com)



# City'

option for those on a budget. A no-frills, canteen-style deli, it serves what could well be the best Jewish food this side of New York: chicken soup with matzo ball or kreplach, potato pancakes, kishke, herring... It's all there for you to pile up high on your plastic tray.

Chinatown is also relatively inexpensive and worth a visit - if only to window shop down the main drag, where restaurants and shops dish up exotic fare or peddle dust-covered junk. I ordered dim sum at the oddly-named Three Happiness restaurant. Some were reasonably tasty, while others emitted an off-putting school dinner scent.

In search of authentic American grub, I selected from the long

list of steakhouses Harry Caray's, a smart and pricey eatery established by the eponymous baseball announcer. The 13oz filet mignon came in at a hefty \$34.95 and that was before we tipped the waiter the customary 15% or so for his excessively attentive service and entertaining chatter on the topic of Caray.

"He liked to drink before a game and if the Cubs scored a home run he went wild and started yelling into his mic," he said.

At pizza chain Giordano's, our waitress didn't lavish quite as much attention on us. There wasn't the usual: "How're you enjoying that food? Still workin' on it? Wanna take the rest home?"

This was a welcome respite actually, and left us free to devote our full attention to the task at hand - a sumptuous deep pan pizza with filling about an inch deep and what looked like several kilos of



Pictured above: The Tribune Tower, and below: China Town, Chicago.



The beach, Chicago.

mozzarella. At the end of each day, I collapsed into my queen-sized bed at Hotel Indigo - a plush and pristine boutique hotel in the Gold Coast neighbourhood, perfectly situated for sightseeing on foot.

Chicago is not a city that never sleeps. There's no lack of night-life, but it does get its beauty sleep. Maybe that's why it feels so laid back and fresh. After dark, if you squint, you can picture Gotham City.

But open your eyes wide and you'll see the Midwest's finest jewel: a stunningly conceived slice of urban America - with Coke and extra fries.

## Key facts

:: Time to go: Early summer or early autumn, when the climate is moderate.

:: Don't miss: A river boat tour on the river is an ideal way to see the city.

:: Need to know: The CTA - Chicago's train system - is a good way to get around but taxis are also relatively cheap.

## Travel facts

Rosa Silverman flew to Chicago on American Airlines, which flies there four times a day directly from London Heathrow

and once a day from Manchester. Return prices start from £368.70/€445, incl., from London Heathrow. Reservations at Hotel Indigo, tel. 001 866 521

6950 or visit [www.goldcoastchicagohotel.com](http://www.goldcoastchicagohotel.com). To help plan a holiday in Chicago, visit [www.visitchicago.com](http://www.visitchicago.com).

Rosa Silverman.



2010 VERÃO  
SUMMER  
NOVOS  
DESTINOS  
NEW DESTINATIONS

WWW.RYANAIR.COM

OSLO

Wednesdays, Fridays and Sundays

STOCKHOLM

Tuesdays, Fridays and Saturdays

2N2Z Aeroportos  
Algarve

WWW.FAROAIRPORT.COM.PT

Call: +351 289 800 617 | [faro.airport@ana.pt](mailto:faro.airport@ana.pt) | PC, pocket PC or PDA, timetable downloads, mapping at [www.faroairport.com.pt](http://www.faroairport.com.pt)

RYANAIR





# Sleep yourself well

As a new study reveals that three quarters of the country's workforce are getting less than the recommended eight hours sleep a night due to worries about job security and finances, Lisa Salmon looks at how sleep deprivation can affect health, the many conditions that can disturb a night's rest, and how to get the best sleep possible.

Good sleep is as vital to our wellbeing as healthy eating and exercise - but it's often the first casualty in today's hectic world.

Busy people wrongly believe that it won't hurt to cut back on something which takes such a large chunk out of their packed schedules.

In fact, new research from Travelodge has found that 75%

of Britain's workforce are getting less than eight hours sleep a night, often due to worries over job security, or financial concerns.

Whatever the reason for missing out on sleep, it can lead to a whole host of health problems, aside from feeling tired and wretched.

Indeed, poor sleep has been linked to increases in diabetes,

obesity, heart disease, depression, and suicidal behaviour, and sleeping six hours or less a night has been shown to increase mortality.

In addition, even if you're not tired yourself, you could be killed by someone who is - tired drivers now kill more people on Europe's roads than drunk drivers.

Sleep expert Dr Neil Stanley

## Clínica Dentária Má Partilha

Dr. med. dent. Jutta Meycke

For a healthy and confident smile you can call us 24 hours a day!

- 24 hours emergencies
- Denture repair-service
- All dental treatments
- Portuguese, English, German

Urb. Má Partilha Rua Lumiar 5 Lt.13 Lt.2  
8500-074 Portimão-Alvor  
282 496 374 jsmidental@sapo.pt



Appointment necessary

Happy Feet

Pés & Mais  
German - Alvor Doctor

Professional Chiropody and Diabetic Foot Treatment

Rua 25 de Abril No 30, Alvor  
Rua do Barranco 2, 1º, Carvoeiro

**Cris Pierssens Clinic**

DENTAL CLINIC  
IMPLANTOLOGY CENTRE

Latest technology - Over 20 years' experience

**THE CENTRE OF EXCELLENCE FOR DENTAL IMPLANTS**

We also offer crowns and bridges PLUS the whole range of treatments for all the family in our Albufeira clinic.

**SAME-DAY EMERGENCY SERVICE AVAILABLE**  
on 966 017 783

Tel: 289 589 080 • www.crispierssensclinic.com  
crispierssensclinic@gmail.com

English • Portuguese  
German • French  
Dutch spoken



Your British Hearing Centre in the Algarve

### Free Hearing Tests

Visit us for your yearly check-up

### Digital Hearing Aids

The latest technology at the lowest price

### Swim Moulds & Noise Blockers

The best way to protect your ears

### Batteries & Accessories

For hearing aid care

Praça da República no 12 2nd Floor, (in front of the town hall) TAVIRA  
Tel. 289 090 663 - Fax. 289 094 103 - Mob. 913 796 640  
www.centroauditivo.eu - info@centroauditivo.eu

## PERFECT SMILE

CLÍNICA DENTÁRIA

### IMPLANT AND COSMETIC DENTISTRY CLINIC

- \*Teeth-in-an-hour\* (Computer Guided Dental Implant Surgery)
- Smile Makeovers (Porcelain Crowns and Veneers)
- Dental Bleaching
- Fixed Orthodontics
- General Dentistry

Urb. Alto Alferrobal • Lote C, Bloco 2, Lj.8 • 8500-791 Portimão  
GPS: 37°8'37"N / 8°33'1"W  
T/F +351 282 457018 • Urgência: +351 968 394 889  
www.perfect-smile.pt • alvorsmile@gmail.com

Optica Orbita

More than **300 FRAMES** of various designer brands at **irresistible prices!**

**-50% -70%**

212

paco rabanne

adidas GUESS GANT LACOSTE D&G

Stock Limited

Rua José C. Leal e Brito, Bl. B Lj. B - 8100-597 Loulé  
Tel / Fax 289 411 777 - Mob. 913 399 647

royaldente  
dental medicine

Implantology  
Fixed Dentures  
Removable Dentures  
Aesthetic Dentistry  
Orthodontics  
Endodontics  
Oral Surgery  
100% Zirconia and Bioceramics

- High translucency • No black margins • Absolutely metal-free
- Excellent health compatibility • Extreme solidity • Longevity

Av. Miguel Bombarda nº23 RC (behind Modelo), Portimão.  
Tel: 282 180 683

GPS coordinates:  
Latitude: 37° 7' 59" N  
Longitude: 8° 32' 36" W

## Independent Brokers

English, German, Portuguese spoken

## Health Insurance

BUPA International

AXA - PPP

+ other International and Portugal based Health Insurance companies



PROFESSIONAL INVESTMENT CONSULTANTS

Call Do Eves on 282 357 853, 282 471 169, 967 095 943

Urb. de São José, Rua Comandante Carvalho Araujo, Lote 25, 8500-692 Portimão

www.insurance4portugal.com  
www.pic-europe.com

Hope Farm Retreat

When you think there is no hope...  
**THERE IS HOPE**

We are a 12 step addiction and alcohol rehabilitation centre in the centre of Portugal on a 1,200 acre working farm and we are dedicated to the recovery of you or your loved one.

Find out all about us on our website or call us on 268 688 097 to hear a friendly voice and receive advice.

www.rehabportugal.co.uk  
www.hopefarmretreat.co.uk



believes the vital health and well-being messages about a good night's sleep are simply not getting through to the public.

"Although we have a lot of health warnings about diet and exercise, the health messages around sleep are less well-made.

"People see sleep as disposable. We've become so much busier these days, and there's always something seemingly better to do than sleep.

"But decent sleep will do you more good than diet or exercise, because it's the bedrock from which you can build these healthy measures."

If you're sleep deprived, however, other healthy measures may simply crumble around you.

Aside from the fact that if you're tired, you're less likely to exercise, sleep is when muscle stress that's occurred during exercise is repaired - so lack of sleep means lack of repairs.

In addition, sleep deprivation isn't good for your figure, as the more tired you are, the more you crave sugary foods.

In fact, a recent study found that young men ate 22% more calories when they had four hours of sleep the night before, compared to when they slept for eight hours.

Writing in the American Journal of Clinical Nutrition, researchers from the European

Centre for Taste Sciences in France concluded: "Sleep restriction could be one of the environmental factors that contribute to the obesity epidemic."

So, as well as simply feeling better after a good night's sleep, your diet and exercise regimes can benefit too.

But exactly what is a good night's sleep?

We're often told the recommended amount is eight hours - yet Dr Stanley, who has been involved in sleep research for more than 25 years and is a past chairman of the British Sleep Society, says it's not clear where the eight hours claim came from.

"What's important with sleep is that you get the amount you need," he stresses.

"Anywhere between three and 11 hours can be considered normal."

Margaret Thatcher famously only needed four hours sleep, although Dr Stanley questions whether four hours was what the former Prime Minister needed, or simply what she allowed herself.

"If she only needed four hours then fine, but if she only allowed herself four hours then she was running a deficit, and doing harm to her health by not getting the sleep she needed."

The way to know if you're getting the right amount of sleep is simply by thinking about how you feel during the day.

If you feel awake, alert, and

alive, then you're probably getting enough sleep.

If you feel tired, miserable and grumpy, then you probably need more.

However, getting more sleep may not be as easy as it sounds.

While for some people, sleep deprivation is almost a lifestyle choice, for many it's the result of stress.

"In this day and age it's stress which is one of the major causes of poor sleep, because of financial worries and job security - we've also just got more things on our plate," says Dr Stanley.

"There's a lack of time to quieten the mind and relax the body to get a good night's sleep."

If it's not stress stopping you from sleeping, it could be one of the many medical conditions that affect our rest.

The American Academy of Sleep Medicine's International Classification of Sleep Disorders lists 89 recognised disorders which come under a range of headings, from Insomnias and Sleep Related Breathing Disorders such as sleep apnoea (pausing of breathing during the night), to Parasomnias (including sleep talking, sleep walking and sleep eating) and Sleep Related Movement Disorders.

Around 25% of the UK population are thought to suffer from some form of sleep disorder, with the most common being insomnia, sleep apnoea, cramps, restless legs and snoring.

It's estimated that snoring affects 3.5 million people in the UK.

Many tired people afflicted by snoring and other sleep conditions will eventually visit their GP in desperation.

Doctors then need to assess whether patients are suffering from a true medical problem, or are missing out on sleep due to lifestyle factors.

These can be anything from a noisy street, thin curtains or a cat which jumps on the bed, to a snoring partner.

If lifestyle factors are eliminated when a sleep history is taken, a variety of measures may be suggested, including cognitive and behavioural therapy.

As a last resort, sleeping pills may be prescribed.

The most recent figures show that the NHS spent almost £36 million (£43.5 million) on sleeping pills in 2008-2009 - a 20% increase on the previous year, which doctors suspect may be related to worries about the recession.

Dr Stanley warns: "Sleeping tablets for people who need them can be useful. But the vast majority of people need to look at their own lives and sort their problems out, instead of going to the doctor."

To find those problems, many people need look no further than the person sleeping next to them.

A recent survey by Crampex

revealed that 79% of Britons find it hard to get to sleep, and one in 10 are kept awake by their partner every night.

Dr Stanley, who sleeps in a separate bedroom from his wife, points out that academic studies have shown 50% of sleep disturbance is caused by bed partners.

"From an evolutionary point of view, sleeping together is a bizarre idea."

However, if you'd rather not kick your partner out of bed, there are other ways to maximise the chances of a decent night's sleep.

"Do something that relaxes your mind before you go to bed - whatever works for you and turns your mind off," says Stanley.

"You have to put yourself in the place where sleep can find you, wherever that may be."

Suggestions for doing this include the obvious ones of reading a book, listening to music, or simply thinking about nice things that aren't connected with work.

"You need to break the cycle of what's on your mind," stresses Dr Stanley.

He adds: "You'll die from lack of sleep long before you'll die from lack of food - that's how important it is."

"Sleep is the foundation on which to build a good, healthy, happy life."

## Sleeping tips from the NHS:

- Establish fixed times for going to bed and waking up (and avoid sleeping in after a poor night's sleep).
- Try to relax before going to bed.
- Maintain a comfortable sleeping environment (not too hot, cold, noisy or bright).
- Try not to nap during the day.
- Avoid caffeine, nicotine and alcohol within six hours of going to bed.
- Avoid exercise within four hours of bedtime (although exercise earlier in the day is beneficial).
- Don't eat a heavy meal late at night.
- Try not to check the clock throughout the night.

**NURSING**  
FOR ALL OF YOUR NURSING & CARING NEEDS  
24 HOURS A DAY, 7 DAYS A WEEK

**ALGARVE ANGELS**

Call 282 688 365 or 937 021 451

**D Concept clinics**  
Are you a resident requiring regular dental treatment?

We are specialized in:

- English, German, Portuguese & French spoken
- Implantology
- Cosmetic dentistry
- Crown and bridge work
- Orthodontics
- Oral hygiene

• Dr. Bruno Dootz  
• Dr. Endre Vari (Orthodontist)

• Dr. Carolyn Ellison  
• Paula Pinheiro (Hygienist)

Rua Brigadeiro Costa Franco, Lote 5, Loja D, 8600-533 Lagos  
Tel: 282 763 496 • Fax: 282 767 825 • Dconceptclinics@clix.pt

How's your smile? Let us take care of it for you!

**ad Agnus Dei**  
Centro Dentário da Algarve

Your smile, your best expression.

289 713 700 | www.agnusdei.pt | clinica@agnusdei.pt | Olhão

**Monte da Palhagueira Nursing Home**

A charming 18th century reconstructed farmhouse set in 22 acres of ornamental gardens. Spacious rooms all with bath ensuite, satellite t.v. and heating/air-conditioning.

Amenities include: swimming pool, putting green, Physiotherapist, hairdresser plus much more.

A happy and relaxed environment with caring staff.

- British trained medical staff on duty at all times
- Short/long term accommodation • Respite care

Monte da Palhagueira, Gorjões, 8005-488, St. Barbara de Nexe, Faro  
289 990900 • email: montedapalhagueira@gmail.com  
www.retirementvillageportugal.co.uk

CALL NOW ON 289 543 545

**CLÍNICA PACÍFICO**

**PAIN FREE DENTISTRY IS HERE TO STAY!**

WITH DR. JOHN MCKEAN - NOW BASED PERMANENTLY IN THE ALGARVE!

Registered as a dentist in Portugal since 1995, John, the Algarve's only British Dentist, is now located in his new surgery at Clínica Pacífico in Albufeira, and also at the Family Health Centre Vale do Lobo. John's experience in helping nervous and frightened people overcome their fears has given him loyal patients prepared to travel literally thousands of miles for his treatment. With John, you always feel in control.

**PAIN FREE DENTISTRY IS A REALITY**

The current economic situation means that many of us seek more cost effective solutions. John has always recognised that a conservative approach to dentistry is often better for long term dental health, and less expensive than more invasive treatments. Implants should always be considered where tooth loss is an issue, however, new 'flexible' denture technology, with 'invisible' gum coloured clasps which support more positively, can be an excellent, more economic and less traumatic alternative. Crown and bridgework can be provided at sensible prices, and all work carries at least a 12 month guarantee.

**YOU WILL RECEIVE UNBIASED ADVICE**

If implants are needed, then John can arrange this at unbeatable prices. Children need their teeth and mouths checked regularly from the age of two years, to provide preventative advice and avoid invasive treatment. Removable orthodontic appliance treatment is available, where appropriate. An examination costs just 75 euros, children 16 and under, just 10 euros, and if you are an 'old' patient of John or his former associate, you will be given a FREE first examination! So don't delay, call us today and look forward to a better smile!

OPEN MONDAY TO FRIDAY  
9AM-6PM  
SATURDAYS 9AM-1PM  
Tel: +351 289543545  
www.clinicpacifico.com

OPPOSITE MODELO UNDERGROUND CAR PARK, AT RUA DO PACÍFICO, 8200-166, ALBUFEIRA.

**BETO FITNESS CLUB**

gymnasia body combat • body pump • rpm • localizada • staff simpático e dedicado  
acompanhamento constante • banho turco • zona de lounge

www.betofitnessclubs.com 282 419 950





## Is it all child's play?

Today's busy parents are finding it increasingly hard to play with their children. Lisa Salmon looks at the weird, wonderful and sometimes weary world of parenting.

A new study has found that nearly a third of parents feel time playing with their kids is limited due to work pressures.

And if they do have the time, a quarter find it difficult to think of creative ways to support their children's play.

The research, by the British Toy and Hobby Association (BTHA) and Play England, revealed that the average child plays for just an hour each day, and a quarter of parents believe their own children have much less time to play than they did when they were kids.

Many feel guilty that they don't play enough with their children, and more than a third would like to have flexible working time so they can spend more time encouraging their kids to play.

But do children really need encouraging to play - and do they need parental involvement at all?

Dr Amanda Gummer, a psychologist who advises the BTHA, says there are times when parental involvement in play can be good - but only if mum or dad doesn't resent hav-



Mother working while her daughter is playing.

ing to do it.

"Kids learn a lot from being able to copy an adult," she explains.

"Parents don't need to be involved all the time - but when they are, they're giving their kids a really good opportunity to model and copy them.

"But the worst thing you can do is resent it.

"If you're not in the mood to play the kids are going to pick up on it, so you're better off leaving it.

"Playing with the kids should be fun for everybody."

Gummer says children don't just copy how their parents play games, but during play they learn things such as how to communicate, how to value themselves, and how to apologise.

However, she stresses that children also need to play on their own, and it's fine when parents dip into play, but are also doing other things.

"Kids love it when you show an interest, but you can facilitate the play by asking them a few questions, without actually getting down and pretending you're riding a horse or whatever.

"You can be half-involved, but still get on and do the things you need to do.

"They need to know you're there when they need you, but they don't need you in their face the whole time."

Competitive parents who try to structure their children's whole day, instead of just leaving them to play, aren't doing anyone any favours, she insists.

"They might hothouse their kids with educational play, but that's really not the best thing for them - play is best if it's child-led.

"If they want you they'll tell you."

The report found that parents felt TV, extra-curricular activities and homework interfered with children's play time, and one in 10 said they felt their children had increasingly structured days.

"When children's time is scheduled and they don't have

www.unifuturo.net

### KIDS UNIVERSITY



LEONARDO, 7 YEARS

#### ENROLMENT OPEN PRIMARY SCHOOL

"My name is Leonardo. I am 7 years old. I learnt at KUNI that thinking is a fantastic thing, but that knowing how to think is even more fantastic."

#### PROJECTS LEONARDO DA VINCI AND ALBERT EINSTEIN

- Classes with maximum 16 pupils
- Trilingual education system
- Interactive boards in all classrooms
- Pupils work with laptops and iPads
- A teacher for each subject
- Philosophy for children, robotics, sculpting, painting, violin and piano
- Specially developed methodology for reading and writing
- Centre for Gifted Children
- Partnership with the "Institute of Intelligence"
- Partnership with the "Research Centre Augusto Cury"
- Partnership with the "Sport Academy João Moutinho"
- Absent sick children can participate in the lessons from home
- Qualified national and international teaching staff
- Canteen, own kitchen/cooks, daily fresh, biological food, nutritionist
- Psychological and pedagogical coaching and assistance
- Access- and security system

During its 6 years of existence the "Kids University" (Universidade da Criança) has become a reference institution for parents and teachers, who are really caring for the education of their children and pupils, by following innovative pedagogical methodologies as a new approach for contemporary problems like integration into society by playing high emphasis on communication skills and learning outside of school as well. Starting from the next school year the "Kids University" will integrate the national project "UniverCity of the Future"

Come and speak with us!  
Get to know the Kids University!

Building the school of the future

Rua Sidónio Pais, Lote 4  
8500-735 Portimão - Portugal  
info@unifuturo.net  
telefone 282 423 974



UNIVERSIDADE  
DA CRIANÇA

### AGEING REVERSAL @ Salão Elysium

Immediate weight loss  
without liposuction  
Wrinkle reduction  
without surgery



SALÃO ELYSIUM • Rua do Brazil  
Vilamoura • Tel: 289 301 768

## Ma Maison

Interior • Exterior  
Decoration



Opposite Fatacil - Lagoa

Tel: 282 381 468

info@ma-maison-algarve.com

boutique@pica-picaeclectica.com



any control over it, it can impact on their decision-making," warns Gummer.

"It's important for kids to learn what they like doing, and if they never get to do it because they're over-scheduled, it can be damaging for their development."

She points out that extra-curricular activities can, of course, work well if the child enjoys them and it gives the parents some free time.

"It's about stepping back and taking a look, and making sure you're doing everything for the right reasons.

"Instead of trying to be supermum and taking the kids all over the place every night, if they had two or three nights a week where they came home and just played, everybody might be a lot less stressed, and the family unit would probably function better.

"It's what works for you - it's about making sure parents aren't misguidedly trying to do the best for their kids, and making life harder for everybody."

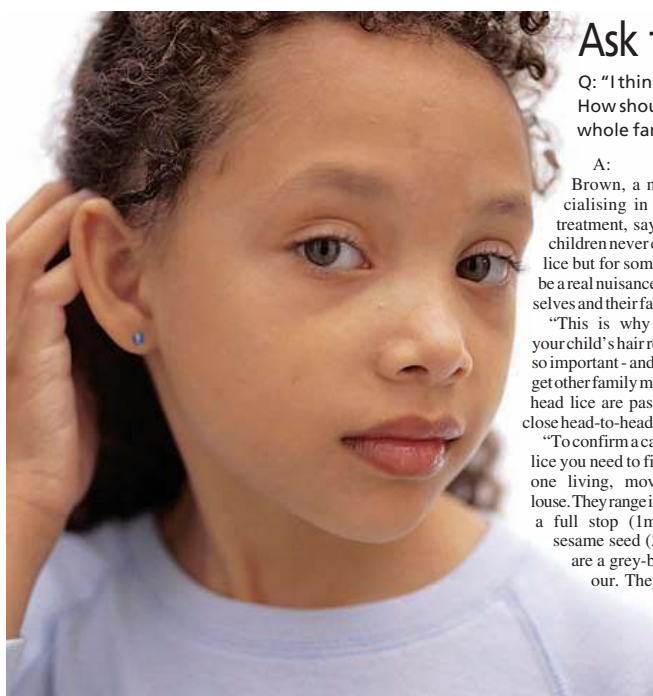
In a bid to improve children's play, the BTHA and Play England are asking parents to 'Make A Pledge' to allocate more of their children's time each day to play.

Parents can make their pledge on Facebook ([www.facebook.com/maketimetoplay](http://www.facebook.com/maketimetoplay)), where they can get help and ideas of what to do with the time they pledge, and share their own favourite games and play tips.

The aim is to get UK mums and dads to pledge two million extra minutes to play over the next three months.

Adrian Voce, director of Play England, says: "We believe in the power of play and the benefits it has for the development of all children, such as health, learning and enjoyment."

Voce points out that parents who make a play pledge will be able to easily fill some of their time on August 4, when thousands of events will take place across the country to celebrate Playday, the annual celebration of children's right to play.



A little girl who is suffering with head lice.

## Ask the expert

Q: "I think my daughter may have head lice. How should I get rid of them, and does the whole family need to be treated?"

A: Christine Brown, a nurse specialising in head lice treatment, says: "Many children never catch head lice but for some they can be a real nuisance for themselves and their families.

"This is why checking your child's hair regularly is so important - and don't forget other family members, as head lice are passed on by close head-to-head contact.

"To confirm a case of head lice you need to find at least one living, moving head louse. They range in size from a full stop (1mm), to a sesame seed (3mm) and are a grey-brown colour. They live and

move through the hair, close to the scalp.

"You can banish head lice by checking your child's hair once a week using a specialist detection comb ideally with teeth less than 0.3mm apart to trap head lice.

"If you find live lice, consult a pharmacist for treatment advice. "Only treat a member of the family if live lice are identified.

"Use a clinically proven, non-pesticide treatment with a physical mode of action to which lice can't build up resistance.

"Leave the treatment on for the recommended time for maximum effect, and check that all head lice have gone within 2-3 days of the final treatment.

"If the pack instructions specify that a second application is required, repeat the treatment for a second time seven days after the first, to kill any lice that may hatch from eggs during that time."

:: For more information on head lice visit [www.onceaweektakeapeek.com](http://www.onceaweektakeapeek.com).



60

LOJAS  
STORES

12

RESTAURANTES  
RESTAURANTS

6

CINEMAS  
CINEMAS

CONTINENTE

Centro Comercial · Portimão

**Collections**  
LADIES' FASHIONS FROM ALL OVER EUROPE

**Summer Sale**

Daphne's Shop, Loulé Road, Almancil  
Friday 9th July 10am-5pm

Hotel Vila Galé, Tavira  
Tuesday 13th July 10am-5pm

Hotel Belavista, Praia da Luz  
Wednesday 14th - Friday 16th July 10am-5pm

Contact Allison on  
282 358014

or e-mail [greening@sapo.pt](mailto:greening@sapo.pt)

**25% or more off**

**direct**

**High quality clothing**

**gardeur**

One of the largest selections of **gardeur** ladies clothing in Europe, at unbeatable prices.

**SPRING RANGE NOW IN**

**BIRKENSTOCK**  
shoes for men and women

Monday - Friday: 10am - 6pm  
Saturdays: 10am - 2pm

Rua Direita, Praia da Luz (parking available behind the Store on Rua do Ramalhete) Call 282 788 630 or [www.gardeurdirect.com](http://www.gardeurdirect.com)

**CLEANSE, LOSE WEIGHT AND REJUVENATE IN THE SUN!**  
**Your health is worth it...**

- \* Anti-ageing & detox packages
- \* Health Maintenance
- \* Colon Hydrotherapy
- \* Hydrate & Energise
- \* Detox for 1-4 days
- \* Abdominal Massage
- \* Weightloss
- \* Dry Skin Body Brushing
- \* Comprehensive Pre & Post treatment care
- \* Body Exfoliation

**FREE**  
**Body Brush, Body Glove Or Energising Salt Polish**

**All treatments are carried out by a qualified therapist and Registered Nurse**

**Body & Skincare centre**  
one body... one skin... one life

**CALL 282 313 820**  
**[www.bodyandskincarecentre.com](http://www.bodyandskincarecentre.com)**



# Stop feeding your health problems

With as many as half the population suffering from food allergies and intolerance, chef and author of *How To Cook For Allergies*, Lucinda Bruce-Gardyne reveals to Kate Whiting how you can treat your whole family to good food, without worrying about the consequences.

When you're getting stressed about packing for your summer holiday, spare a thought for chef Lucinda Bruce-Gardyne who'll be packing an extra special suitcase - full of food.

Lucinda's sons (Angus, 10, and Robin, 8) are allergic to dairy and gluten, respectively, which means the families' holidays are limited to self-catering destinations. And even then, they have to bring their own bread.

"We always take a suitcase of food, so we take bread and put it in the freezer when we get there and we take gluten and dairy-free biscuits for snacks, as they're always difficult to find."

"We take cereals with us because, for a gluten-free diet, breakfast is difficult. It's hard to come up with anything that isn't a fry up, and if you're on a hot holiday, you don't want to be eating fry ups."

Food intolerances are thought to affect as many as 45% of the population, according to Allergy UK, although food allergies, which are more severe, are less common.

Like the families of many food allergy sufferers, Lucinda and her husband have had to adapt their lives to cope with their sons' allergies and, in their oldest son's case, prevent life-threatening anaphylactic shock.

"If Angus touches anything with dairy in it, and wipes his face with it, he has a full-on reaction. His skin comes up in great big hives, he sneezes, his eyes water, then he starts wheezing."

"Our diet became much healthier, because we didn't rely on cheese and cream, but it was a lifestyle shift because you had to be very careful when you went out."

"You're relying on other people to take all the precautions for you and they might not understand. Grandpa even got it wrong and put butter on the roast chicken."

Luckily, supermarkets have now jumped on the 'free-from' bandwagon, and Lucinda's seen a leap in the number of products available, including brands like Mrs Crimble's and Genius, Lucinda's own range of gluten-free bread.

The 'gluten free' market increased by more than 20% in 2009 to reach £100 million in sales, according to the Food and Drink Innovation Network.

"Over the last decade, allergy and intolerance awareness has improved enormously and there's much more demand for allergen-free food, so we have seen prices come down - and whereas it used to be a couple of shelves, now there's a whole aisle," says Lucinda.

While the range of 'free from' products definitely helps, Lucinda says nothing beats cooking your own food from scratch.

She wrote *How To Cook For Food Allergies* after her second son, Robin, was diagnosed as gluten intolerant at the age of three.

"It was a huge challenge and really fascinating because it made you focus on what those ingredients are actually doing in our food, when they're not really necessary, and when you have to step back and say, 'There's no way I'm going to make a decent pavlova without eggs and dairy'."

"It was all about saying to people, 'There's tonnes you can cook. Don't waste time on things that aren't going to be good. Cook the stuff you can eat'."

## Duck breasts with braised lentils

(Serves 4)

4 duck breasts, skin on  
**For the sauce:**  
 3tsp plain flour  
 OR cornflour (for gluten allergies)  
 100ml/3 1/2 fl oz red wine  
 290ml/10 fl oz chicken stock  
 1 sprig thyme  
 Salt and freshly ground black pepper  
**For the lentils:**  
 1tbsp sunflower or corn oil  
 4 rashers smoked streaky bacon, rind removed and cut across into thin strips  
 1 onion, cut into small dice  
 1 carrot, finely diced  
 1 celery stick, finely diced  
 2 sprigs thyme  
 Salt and freshly ground black pepper  
 1 large garlic clove, finely chopped  
 200g/7 oz Puy lentils  
 2 bay leaves  
 100ml/3 1/2 fl oz red wine

570ml/1 pint rich stock, made with 290ml/10 fl oz white chicken stock and 290ml/10 fl oz water

Heat the oil in a medium-sized saucepan, add the bacon, onion, carrot, celery, thyme and a little seasoning, cover with a lid, and fry gently until very soft and sweet, about 20-30 minutes.

Add the garlic and cook for another 30 seconds, stirring continuously. Add the lentils, bay leaves, red wine and stock. The lentils should be covered by an inch of liquid, so top up with a little water if necessary. Bring to a simmer over a moderate heat and simmer, uncovered, for approximately 30-45 minutes until tender. Spoon off any fat or scum that collects on the surface and, if necessary, top up with water so the lentils remain covered.

Meanwhile, prepare the duck breasts. With a small sharp knife, score through the fatty skin, with diagonal cuts 1.25cm/1/2 in apart and then again in the opposite direction to form a diamond pattern. Take care not to cut into the meat below.

Sprinkle the skin with salt and rub into the scored fat. This helps to draw the water out of the duck and helps the skin to become crisp and golden brown.

Place a dry heavy-bottomed frying pan over a medium heat. When the pan is hot enough to make the duck breasts sizzle, place them well apart, skin side down, on the base of the pan. Fry



the breasts gently until the fat under the skin has melted into the pan.

After approximately 10 minutes, the duck skin should be crisp and golden brown. Lightly season with salt and pepper before turning the duck breast over.

Gently brown the lean side for 8 minutes, by which time the duck breasts should be cooked medium rare (moist and rosy pink in the centre). If the duck breasts are well browned but still very rare in the centre, fry very gently for another minute or so on both sides. Place the duck breasts in a low oven while you repeat the process with remaining two.

Once all the duck breasts are

cooked, tip out the fat and place the pan back on a moderate heat. Stir in the flour and slowly add the wine to form a smooth sauce. Pour in the chicken stock, add the thyme and loosen the browned cooking juices on the bottom of the pan with a wooden spoon. Remove the sprig of thyme, taste and season as necessary. Keep warm over a low heat.

Once the lentils are cooked, taste and season as necessary. To serve, place a spoonful of lentils in the centre of the plate, cut the duck breast in thick slices, on the diagonal, and arrange on top. Spoon over the sauce and serve immediately.

## Lucinda's top tips

- Cook food that does not rely heavily on ingredients you're avoiding. Accept that there are certain things you can't eat and move on.
- Learn to cook from scratch because you can cook lots of delicious things very simply and you'll then know exactly what's gone into your food.
- Try to cook the same for everyone at home, or you'll find yourself running a domestic café. Work on finding foods that everyone can enjoy because that will make meal times much more fun.
- Be careful about contamination: Make sure you prepare the allergen separately right at the end and use the simple cross-contamination rules you would for raw meat.
- Go on self-catering holidays. It's not very relaxing if every minute you're saying, 'Is this dairy free?'
- If you're going to eat with friends, communication is very important. Don't turn up and say, 'Oh by the way, we can't eat this'. Be as helpful as you can, give them suggestions that everyone will be happy to eat.
- For children's parties, send something along that matches the food the other children are getting. Put it in a tub, so it can just be emptied onto their plates.

## Restaurants

**CASA INGLESA**  
 Waterfront restaurant,  
 Portimão  
 Tel: 282 416 290

**DRAKES RESTAURANT**  
 International & Indian Cuisine,  
 Alvor  
 Tel: 969 700 971

**ISLAND CAFÉ**  
 American Casual Dining  
 Sesmarias  
 Tel: 282 353 406

**THE 19TH HOLE CLUB**  
 English/Portuguese cuisine  
 Nr Praia Dona Ana, Lagos  
 Tel: 282 046 582

**KOHINOOR**  
 Indian Tandoori Restaurant  
 Tavira 281 326 814  
 Lagos 282 761 022

**LA BAGATTELLA**  
 Daily dishes & Italian  
 Urb. Ma Partilha Alvor  
 Tel: 282 045 837 / 917 679 838

**MONT'BELO RESTAURANT BAR**  
 Manta Rota  
 Tel: 927 363 356

**PALÁCIO DO PIRI PIRI**  
 Boliqueime  
 Tel: 289 366 382



## Food Passion

ARE YOU CELEBRATING?

Wedding or Wedding Party,  
 Birthday or Anniversary,  
 Corporate Event

We are professional caterers specialising in  
**Hog Roasts, BBQ & Buffets**

Everything home made all equipment supplied  
 to make your occasion  
 special and unique

For quotes & menu suggestion contact  
 Karina 282 314 276 / 912 159 813



## American Casual Dining

3 course  
**Sunday Lunch**  
**€12.95**

You will find us conveniently located at the entrance  
 of Presa de Moura in Sesmarias, Carvoeiro.

Open every day from  
 12h00 - until late

Reservations  
 Tel: 282 353 406



## For those with a taste for fine dining



Gourmet Portuguese and  
 Mediterranean cuisine



Open daily for dinner  
 19h - 22h30



Reservations recommended  
 Tel: 282 350 281  
 Mob: 962 441 493 / 967 537 793

www.iguarias-apuradas.pt/  
 restaurante-pimenta

Pestana Palm Gardens  
 Vale de Centeans  
 8400-525 Carvoeiro





# Thinking dog food

We at Paws4Pets are constantly listening to client's requests and needs as well as keeping up to date with market trends and new products. We do our best to investigate in depth to ensure that we come up with good quality, natural answers. Prompted by such questions we now have two new brands of food in stock.

First is the Applaws Dry Dog Food. This is the world's first dog food to contain 75% meat and NO cereals. (The Cat food has 80%)

Wild dogs are principally carnivores. They originally hunted in the wild and devoured their prey whole - including the stomach and intestinal contents. This provided them with all the essential nutri-

ents, especially herb and plant components which helped to keep them healthy active and in peak condition.

The domesticated dog, meanwhile, has come to rely on the content of over processed commercial dog food with artificial antioxidants and preservatives together with chemically recovered proteins with few if any natural herbs or plant extracts. Despite "complete nutrition" diets, dogs commonly encounter health issues, such as dry and itchy skin and pain in their lower limbs, because critical nutrients are often lost or destroyed during the manufacturing of even the best traditional foods. Applaws dry food is a unique pet food which contains a blend of natural herb and plant ingredients normally only found in a natural wild diet.

There are two flavours, Chicken and Chicken and Lamb. Both contain 75% meat and potato is used for the carbohydrate to provide the essential slow release sugars. Meat protein is far better suited to a dog's digestion than that derived from cereals such as wheat and it also provides the full range of amino acids required.

We 'trilled' this with Merlin and Cassie as both these dogs are young and Merlin particularly was recovering from a long time of not eating correctly when he was so ill last year. The Applaws has solved that problem. He loves it and he has increased his size considerably, he has put on muscle

but remains 'trim' and in shape. We were at a show recently and everyone remarked on how much better Merlin looked. Cassie also improved her size, not perhaps so obvious to people under all that fur.

Next is Fish4Dogs dried food. We have sold the Fish4Dogs treats for many years, the dogs always love them, and now they have brought out new dog and cat foods.

Protein from white fish is easily digested. It is ideally suited for dogs with delicate digestion or older dogs with slower digestive systems.

White fish contains high levels of Omega 3, which aids with coat and skin health and joint mobility. Containing over 55% fish plus vitamins and minerals for a complete daily diet for healthy dogs meeting the different life-stage requirements of all dogs from junior dogs through to adult and onto senior dogs.

Contains fish and potato, two

food types that are unlikely to cause dietary hypersensitivity. It is well suited to dogs with specific nutritional profiles including a calorie controlled diet.

Finest Fish4Dogs Complete is:  
 \* Entirely natural - no additives, preservatives or colourings  
 \* Gluten free  
 \* Hypo-allergenic

Natures Menu - a "wet" food cooked in foil pouches.

A staple favourite with them all is Natures Menu. It is a wet food and quite honestly if they were allowed they would live on this all the time-it has to be said that some of our clients dogs do anyway. We have sold this product for many years and I have used it for many more years. The dogs love it and it is a natural product.

All of Natures Menu "ready to serve" natural dog food pouches are highly palatable, nutritious foods that provide a natural source of energy for your dog.

They contain the correct balance of vitamins and minerals to help maintain a healthy active life. Made with 60% real meat, each

pouch of dog food is free from maize, barley, rye, oats, dairy products and all artificial colours, flavours or preservatives.

Natures Menu products are designed to deliver your pet's requirements from naturally balanced raw materials.

I have found the Natures Menu invaluable when I have sick dogs who just do not want to eat, I can usually persuade them to eat one of these pouches. I use them at the shows, as they are convenient to carry and I know the dogs will clear the plates.

Do come and see us, we have samples of all the foods and lots of information. It is proved that many skin irritation and digestive problems can be tracked back to the food we give them---that was why I started all this food investigation.

Protect your pet with knowledge---research is perhaps time consuming but well worth it in the long term

Jan Cobley  
 Paws 4 Pets 916 273 376  
[www.paws4pets.net](http://www.paws4pets.net)



Ferragudo Beauty Contest Best in Show Ibñ Harun Coral (aka Cleo), Best opposite Sex Sol da Ria Formosa.



Ibñ Harun Coral (aka Cleo) and Ibñ Harun Estalo (aka Merlin) at the Portuguese Water Dog Monografica at Santarem on Portugal Day.



## Hi There !



**ROMANE** is a very sweet and friendly young bitch. She is about 2 years old and she is very calm and obedient. She is an ideal dog for a family, she is no trouble at all. Romane has been tested negative for heartworm, deflead & she is fully vaccinated. Call Valerie for a visit 913 860 865 or [lili10.evann@yahoo.fr](mailto:lili10.evann@yahoo.fr)



**NINI** is a very nice dog, she is very faithful but a bit dominant with other female dogs. She needs somebody who will spend time with her. She loves long walks, being brushed and bathed, looked

after! Nini is 4 years old, she has been spayed and fully vaccinated. Call Valerie for a visit 913 860 865 or [lili10.evann@yahoo.fr](mailto:lili10.evann@yahoo.fr)

Both these cats were found (separately) on the streets, taken to homes and immediately proved that they were used to living in a home. We thought they were lost but no, they have been with us for a few months and no one claimed them.



CLARA

CLARA is a cross siamese and KITTY is a cross ragdoll. Both around 1,5 year old, already sterilised and vaccinated, very gentle with people, but jealous with other cats. If you would like to give home to any of them, contact us at:



KITTY

[sesimbra.bianca@gmail.com](mailto:sesimbra.bianca@gmail.com) or see more pictures at [www.bianca.pt/english](http://www.bianca.pt/english)

### GOLDRA CAT VILLAGE TO CLOSE / CALLING ALL CAT LOVERS

For a number of years countless cats and kittens have found a place of refuge at Cat Village which is part of the Goldra Rescue Centre. In the sunshine this area looks idyllic but the sunshine masks the sad facts. This facility, along with the kennels is no longer taking in new arrivals and has to close. We currently have 33 adult cats of all different colours and ages needing new homes. Please contact Helena 91 8149187 or [helena.neves@sympatico.ca](mailto:helena.neves@sympatico.ca) as she knows all the cats, their characters and medical history and can help you find the right one just for you.



**Vets In Portugal**  
[www.vipveterinarysurgery.com](http://www.vipveterinarysurgery.com)  
[info@vipveterinarysurgery.com](mailto:info@vipveterinarysurgery.com)  
 Tel: 282 782 282

- Bilingual service
- X-Ray Facilities
- Air Conditioned
- Bookings by appointment



VIP Veterinary Surgery  
 Rua Senhora Do Loreto No 1 Loja B  
 8600-683 Lagos

**Hacks, Lessons**  
 Livery services  
 Birthday parties  
 F.E.P. approved  
 Fully qualified instructors

Martina 917 976 992 or  
 Steve 913 510 530

[www.countryridingcentre.com](http://www.countryridingcentre.com)

**Unquestionably Great Dog Foods in Portugal**

**HYPO-ALLERGENIC**

**NO Wheat, NO Soya, NO Dairy, NO Gluten**

**\* Buy any 6 bags over 10Kg in July & August \***

**\* and have the cheapest bag free! \***

**\* Applaws Dry - 75% Chicken - the World's First \***

**Burns - Balanced protein - a great maintenance food**  
 Replacement for most expensive veterinary diets.  
 Great for itching, scratching and digestive disorders.

**Fish 4 Dogs - over 55% Fish (White Fish or Alaskan Salmon varieties). Great for calorie control too.**

**Natural Dog Food - High proportion of FRESH HUMAN GRADE MEAT - a great maintenance food and a replacement for most expensive veterinary diets.**

**SHOP.PAWS4PETS.NET**

**Paws 4 Pets**  
 The Best A Pet Can Get

**Albufeira & On-Line**

Tel: 289 588 882  
 916 273 376  
[www.paws4pets.net](http://www.paws4pets.net)



**ADVERTISING & PUBLICITY**

To ensure a great night out look for the restaurants & bars displaying

**www.goodmorningAlgarve.com**

The first website dedicated to promoting the best of the Algarve

**BLINDS & WINDOW FILMS**

**M2MBLINDS**  
**BLINDS & WINDOW FILMS**

- ◆ Made to measure internal window blind specialists
- ◆ Choose from our extensive range of fabrics
- ◆ Window film types include Privacy, UV Protection & Solar Protective
- ◆ Domestic & Commercial applications
- ◆ Covering all Algarve, most of Portugal & into Spain

Call for a free no obligation quotation  
Denny 286 518 059 or 932 894 709  
www.m2mblinds.com • m2mblinds@hotmail.com

**BOOKS**

**ALGARVE BOOK CELLAR**

Edifício "O Galeão" Loja 1 & 2  
Rua dos Pescadores  
8400-512 CARVOEIRO LAGOA

English Language Book Exchange  
Refunds on return  
New books to order  
Audio Books  
C.D.'s Cards  
DVD's

Temporary Tel. nº 282 354 310  
Tue - Fri 9.30 - 5.00 Sat: 9.30am - 2.00pm  
raymond.compton@gmail.com

**BUREAUCRACY**

**For Tax Assistance and Fiscal Representation Contact the Specialists:**

Sovereign – Consultoria Lda  
+351 282 340 480  
port@SovereignGroup.com  
www.SovereignGroup.com/Portugal

**SOVEREIGN**

The Portugal News is distributed at FARO AIRPORT  
Call 707 500 677 for details.

**COMPUTERS & OFFICE SUPPLIES**

We repair & maintain ANYthing to do with a computer or network

**PC SURGERY**

Call our Hotline 707 940 332

**WORLD TELECOM**

FULL REPAIR & SERVICING CENTRE  
ACCESS TO OUR NETWORK OF FIELD ENGINEERS  
100'S OF GENUINE ENGLISH LAPTOPS & DESKTOPS  
CONVERT PORTUGUESE SYSTEMS INTO ENGLISH  
FREE INTERNATIONAL PHONECALLS  
1 MINUTE FROM AQUALAND ON THE EN125

**282312044 & 913087160**

**ALGARVE LAPTOPS**

SUPPORT@ALGARVELAPTOPS.COM  
SALES@ALGARVELAPTOPS.COM

We'll keep your company's IT systems backed up and safe with 24/7 support by Microsoft Certified engineers

**BlueChipIT**  
Ensuring your business IT works for YOU

Call 707 500 600 • Kurt Pardon • IT Director

[www.theportugalnews.com](http://www.theportugalnews.com)

**CAR HIRE**

**GATWICK AIRPORT CAR RENTAL LTD**  
**FLYING TO GATWICK ?**

We offer a range of cars from **£99.00** per week.

Fully inclusive & insured, AA/RAC, Unlimited mileage.

**Phone 0044 1293 403404**  
**Or visit our website**  
**www.carhiregatwick.co.uk**

**FAMILY RUN BUSINESS.**  
Meet and greet at the airport, NO transfers, NO waiting.  
This is not a booking agency, you are DEALING DIRECT with the hire company.

**NO HIDDEN EXTRAS**

**FASHIONS**

*Fi-Line Fashions*

**NEW STOCK NOW IN**

Sizes 12 - 22 available  
**NEW OPENING TIMES**

Open Monday to Friday 10am - 6pm, Saturday 10 am to 1pm. Call Fiona for more information on 282 312 936.  
Located on Av do Rio, Ed. Almadraça, Loja B, Armação de Pêra (Opposite the football ground)

**EDUCATION**

**CLCC**  
CENTRE FOR LANGUAGES, CULTURE AND COMMUNICATION

**Portuguese**

**LEARN and get connected**

Intensive courses (3 weeks)  
Beginners courses (32 hours)  
Intermediate courses (32 hours)  
Conversation courses (year-long)

recognised by:

Portimão - Jardim Gil Eanes - Tel: 282 430 250 internet: [www.clcc-pt](http://www.clcc-pt) e-mail: [geral@clcc-pt](mailto:geral@clcc-pt)

**FLYSCREENS & MOSQUITO CANOPIES**

**FLYSCREEN RANGE**

- ◆ Many Different Flyscreen Types
- ◆ Vertical and Horizontal Operation
- ◆ Flat and Pleated Screens
- ◆ Many Colours of Aluminium to Choose From
- ◆ Choose at Home
- ◆ We Come to You
- ◆ 2 years Guarantee
- ◆ Phone Now for a Free No Obligation Quotation

**M2MBLINDS**

Contact Denny on 286 518 059 or 932 894 709 or visit [www.m2mblinds.com](http://www.m2mblinds.com) or e-mail [m2mblinds@hotmail.com](mailto:m2mblinds@hotmail.com)

**INSECT SCREENS & ENCLOSURES TO ENHANCE THE COMFORT OF YOUR HOME & GARDEN**

**Simply screens**  
mosquito screens with style

Call. 282 798 080, email. [info@simply-screens.com](mailto:info@simply-screens.com), or visit [www.simply-screens.com](http://www.simply-screens.com)

We are here to help with all your advertising needs, just call our Sales Manager on 707 500 677

**THE PORTUGAL News**  
Established 1977



**GARDENING**

**HARVEYS OF LOULÉ**

Garden Construction • Garden & Pool Maintenance • Home Renovations • Repairs & Painting • Villa Maintenance & Cleaning Service

Apt 3, Loulé 8100 - 606  
Tel: 289 412 462 Fax: 289 422 322  
Mob: 916 048 671 email: harvcor@sapo.pt

**HEALTH & BEAUTY**

**CLÍNICA DENTÁRIA**  
**Drª Cristina Fernandes**  
Médica - Dentista - U.P.  
**HEALOZONE**  
The new method to heal your tooth decay  
Dental Surgeon  
English Spoken  
R. João Menezes Nº8 R/C  
near the old slaughterhouse  
8400 Lagoa  
Tel: 282 34 29 20

**HEATING & COOLING**

**Fires of Portugal**  
Woodburning

Back from holiday 24<sup>th</sup> August please contact via email

Geoff Waller's on site advice and quotation. Small building works, servicing and repairs. Reconditioned fires.

Importers of the best in woodburning.  
TEL: 289 489 958 • MOBILE: 967 721 209  
sales@firesofportugal.com  
www.firesofportugal.com

Chimney Sweeping across the Algarve from 45€

Villager Arrow fogo montanha

**HEATING, COOLING & SOLAR SYSTEMS**

Air Conditioning  
Solar Energy  
Home Heating & Cooling

Pool Heating  
Automatic Pool Covers  
Jacuzzie & Spas

**sacL**

Vale de Lousas • EN125 • Alcantarilha  
Tel. 282 314 190 • Fax 282 314 191  
sacL@mail.telepac.pt • www.sacL.net

VISIT OUR SHOWROOM

**DOMUS**  
ELECTRIC FLOOR HEATING  
The CHEAPEST way to heat your house  
NO gas, NO oil, NO maintenance  
www.domus-heating.com  
EN-125 Sítio Benfarras, N° 552-a Boliqueime  
Tel: 289 322 852 • mail domusheating@mac.com

**Keep cool with Mister Cool this summer**

**MC**  
Mister Cool

- Air conditioning
- Refrigeration
- Solar panels
- Maintenance
- Pool construction, heating & covers
- Automatic pool covers
- Central vacuuming

Air conditioning by:  
**FUJITSU** **GENERAL**  
**DAIKIN**  
**MITSUBISHI** HEAVY INDUSTRIES LTD.  
Solar panels • Certikin

Open Saturday morning  
Rua Mouzinho de Albuquerque  
- Lagoa Residence 2 - Loja 3  
8400 LAGOA - Algarve • Tel./Fax 282 381 364  
Email: mistercool\_telmorodrigues@hotmail.com

Telmo Rodrigues  
Mobile: 917 175 818

**MOTORING**

**CARS & BOATS UPHOLSTERY**  
Original & Custom-made

Hoods for Cars  
Also Soft Furnishing & Upholstery available

Parque Industrial "O Infante" • Loja 30, Torre • 8600-256 Lagos  
Tel: 282 799 263 • Mob: 918 526 950

Hotline: 707 500 677

**POOLS**

Pool Covers  
Pool Roofing  
Heat Pumps  
Pool Systems

**SALAGUA**  
Sociedade de Piscinas Ecologicas

Quality • Variety Service  
N125, Sítio do Troto, Almacil  
Tel: 289 992 281  
Fax: 289 992 922  
Email: salagua@salagua.com  
www.salagua.com

**POOL HEATING**  
Air Energy Heaters - The leader in economical pool heating

- Digital Control
- Titanium Heat Exchanger
- High Performance - low power consumption
- Est. Over 20 years

**SAFETY FENCING - KEEP KIDS SAFE**

Can be completely removed or replaced within 2 mins.  
Helps prevent debris from reaching the pool  
Weather resistant • Professionally installed  
Easy for Adults - Safe for Kids  
Your child is safe even while you swim  
Developed over 30 years ago  
99% transparent "Securtext" mesh

**PURE POOLS PISCINAS PURAS LDA**  
Tel: 282 760 033 • 919 517 868 • Fax 282 760 034  
purepools@yahoo.com • www.purepools.com

**POOL HEATPUMPS**  
BEST QUALITY HEATPUMPS ALL MADE IN STAINLESS STEEL  
AND WITH TITANIUM HEATER, 5 YEARS WARRANTY.

6x4 POOL NOW €2,400  
8x4 POOL NOW €2,990  
10x5 POOL NOW €3,500  
12x6 POOL NOW €5,500  
(INCL DELIVERY & INSTALLATION)

US MADE HOTTUBS FROM €3,900.  
WE ALSO HAVE SHOWER & SAUNAS

CALL FOR FREE SITE SURVEY  
916338930 OR EMAIL ON INFO@ECOHEAT.ES

Chlorine Free Eco-Friendly Swimming Pool Treatment  
**PoolSan**  
100% CHLORINE FREE

- ✓ Non toxic when ingested in swimming pool water
- ✓ Promotes softer, sparkling blue, crystal clear water
- ✓ Odourless - no more chlorine smells or residues
- ✓ Hypo-allergenic - does not cause eye or skin irritations, ear infections or asthma attacks
- ✓ Lasts up to three times longer than Chlorine

**HOME**  
Estr. Nacional 125 • Sítio do Carmo 8400-405 • Lagoa  
Tel: 282 353 022 • Fax: 282 353 934  
comercial@home-pt.com

**AQUAPURA LDA**  
SINCE 1989  
**POOL COVER SPECIALISTS**  
Alternative water treatment & pool construction

Tel: 282 763 605 • Tlm: 967 025 157  
Eastern Algarve 967 465 305  
info@aquapura.com.pt • www.aquapura.com.pt

**Limpaluz**  
UV-C Water Treatment

The solution for swimming without chlorine or salt  
80% / 90% / 100% chemical free

www.limpaluz.com  
Tlm 913878057

The 6th largest weekly newspaper in Portugal, in ANY language!  
www.theportugalnews.com  
**THE PORTUGAL News**  
Established 1977



## House & Pool

Chemical Products - Hygiene / Industrial Cleaning  
Swimming Pools & Water treatment  
NEW SHOP Ecosistemas Garden Centre

**ODEKLAR Odexpool**

Founded in 1975

Zona Industrial do Chinicato, Lote 4 | 8600-306 Lagos  
Tel: 282 798 463 / 919 845 659 / 961 345 276 Fax: 282 799 030  
e-mail: odexlar@mail.telepac.pt | web: www.odexlar.com

## POOL SAFETY FENCING

IS YOUR POOL CHILD SAFE?

**poolfencing@aol.com**  
Tel: 919 892 518 or 910 666 613

**DROWNING - IT COULD BE A DANGER TO YOUR CHILD!**  
We fit composite fibreglass posts that will not bend or corrode like aluminium posts. These have a LIFETIME WARRANTY. A FULLY REMOVABLE FENCE IN MINUTES

## Iberia BLUE

The Pool Specialists

**Pool Construction & Renovation**  
10 years experience in the Algarve constructing concrete pools, offering you strong structures and quality pool designs to suit your budget.

New to Europe, a shimmering pool finish with brilliant colours guaranteed not to fade.

Pool looking tired, cracked, tiles falling off, leaking. We can renovate your pool.

**Pool Safety Nets**

- Easy On and Easy Off
- Black Netting for Ponds
- Pool and Garden ambience maintained
- 100% Safety Record

**Pool Safety Fencing**

- Removable in Minutes
- Convenient access for adults
- Climb Resistant

www.iberiablue.com

Dave & Amanda Mitchell  
Email: info@iberiablue.com  
Mobile: 00351 913 393 421  
Phone or Fax: 00351 282 761 116

## PAINTING & DECORATING

## TOFTS

Paul Tofts  
Decorating & Painting

After 6pm  
Mob: 918 938 004 Tel: 289 399 370

## Professional Painting & Decorating

# Little & Large

No job too small

Dave: 918 065 979 • After 6pm: 282782 742  
Email: little-and-large@hotmail.com

To advertise, call our Sales Manager on 707 500 677

## PROPERTY MANAGEMENT

Rent your Property this Summer  
Due to the volume of Bookings, we need more

**Villas and Apartments**  
Galé - Albufeira - Olhos D'Agua  
For June / July / August / September

Phone: 289 586 899 - Mobile: 964 661 165  
info@getaways.pt - www.getaways.pt

**getaways**  
property services ...because we make it easy

Hotline: 707 500 677

## PROPERTY SERVICES

**raiz verde**  
energias renováveis - construção e materiais ecológicos

**Heating & Hot Water with Renewable Energy**

**A New Generation of Heating Economical & Eco Responsible**

- Underfloor / Central Heating
- Hot Water
- Swimming Pool Heating
- Construction Products

Dave Armstrong: 962 076 003  
dave.armstrong@raizverdeportimao.com.pt  
www.raizverdeportimao.com.pt

**ChemDry**  
Dry Cleaning Solutions  
Algarve  
www.chemdryportugal.com

Professional Cleaning  
Rugs • Carpets • Sofas

Treatment • Weather-proofing  
Anti-mites • Anti-Allergy

Cleaning of floors  
Tiles • Mosaics • natural stone

Cleaning & Hygiene  
Restoration of grout colour  
Sealing & Protection  
Cleaning & Sealing of Natural Stone

info@chemdryalgarve.com  
Tel: 289 092 624  
Tim: 910 690 966

**Rococco Stone**  
Ceramic & Natural Stone Tiles  
Quinta Isabella, Vale D. Joana,  
Barão São João, Lagos

Ring for information or appointment  
Tel: +351 282764035 or  
Tim: 913331212 / 967839114  
RococcoStone@msn.com  
www.rococcoStone.com

## Secure & Beautify your Property

- Honesty, Reliability & Quality Guaranteed
- All general Steel Work
- Bespoke Furniture, Buildings, Fencing, Mobile Welding
- Automated Gates
- Service & Restoration
- Across the Algarve

## GFS Metalworks

Gates  
Grills  
Railings

Call Andrew 933 555 387  
Office: 282 449 270  
www.gfs-metalworks.com  
info@gfs-metalworks.com

**Blocked Drains? Call: ANDY**

- Camera inspection
- Power jet cleaning for blocked drains
- Root removal
- Fossa emptying
- New systems installed

**DRINKING B@AOL.COM**

**DRAIN KING ESGOTO-REI**  
Tel/Fax: 282 471 335 | Mobile 918 647 305

Your professional **drain cleaner** best results

## PROFILIMPO

Root removal, power jet cleaning, camera inspection, electronic blockage detection

Tel. 914 145 117 - Thomas Grünberg

Are you an ex Speed Frame client?

No need to worry about maintenance and service

We are experienced ex Speed Frame technicians with a wide knowledge of this product.

• Your frames need a brief and inexpensive maintenance every six months to keep them working smoothly

• As Speed Frame is no longer in business in Portugal, service is not available from them, but we can perform most repair and maintenance tasks, and we can obtain many original parts, if needed

• If you need to replace a window or door, we can obtain units of a matching design to keep all your doors and windows in the same style

For maintenance, repairs or new units, call us for quick and efficient service at reasonable prices

**PVC Directo**  
We double the glazing - Not the price  
Tel: 916 184 148 | 969 410 952  
pvcdirecto@gmail.com



## Algarve Steelworks

Most Complete Range of Steelworks including:

- \* Security Gates \* Window Grills \* Fencing
- \* Steel Storage Sheds \* Carports

Structural Roofing Solutions & much more...  
Established 1997 - Based in the Loulé area.

Tel: 925 011 090

algarvesteelworks@hotmail.com

## Norman Groundworks

For garden planning and construction.

Construction of terraces, patios, paths, driveways, access roads, pergolas, shade areas, ponds, lakes, water features, installation of hedging, fencing, land cleared.

For quotation call Norman now

on 282 332 899 or 963 134 129

ngw1@clix.pt • www.landscapingalgarve.com



## AIM

### Removals & Storage

On-site secure storage  
Local, National, UK and European removals  
International shipping • Professional packing service  
Call into our office or visit us at [www.aim.com.pt](http://www.aim.com.pt)

Parque Ind. do Infante • Unit 8 • EN 125 • Torre • Odiáxere

Tel: 282 799 141 • Fax: 282 799 146

Email: [info@aim.com.pt](mailto:info@aim.com.pt)

Michael Dickhaut

House renovation,  
decoration, tiling  
Kitchens and bathrooms

### Mini-digger Services

Land clearance, tree  
cutting, landscaping  
Fencing, canal & drainage

Full property  
Management available



mob: 969117139/ 917316211

email: [michaeldickhaut@yahoo.de](mailto:michaeldickhaut@yahoo.de)



Reach 6 potential clients for just 1 cent  
Call 707 500 677 TODAY

## REMOVALS & STORAGE

### NEIL & EMILY RICHARDSON

Removals & Transport \* Packing  
Service & Storage \* Local, National  
& U.K. \* With 20 years experience  
We offer the Personal Touch

Mob: 00351 939 486 870, 00351 939 486 807  
Tel: 00351 281 963 191 UK office: 0044 (0) 844 579 6577  
[neilandem@sapo.pt](mailto:neilandem@sapo.pt) • [www.ne-internationalremovals.com](http://www.ne-internationalremovals.com)

Members of  
British  
Portuguese  
Chamber of  
Commerce

## SATELLITE TV

### Skynet

#### TELECOMMUNICATIONS & AUDIO

"The Latest Equipment at the Best Prices"

All Satellites TV ( English, German, Spanish, Dutch, French, Italian, Arabic, Russian TV... )  
Digiboxes ( SD, Sky +, Sky HD, MultiCAM, PCMCIA, Freeview, Freesat HD )  
MultiCards & Much more

All BBC & ITV + Ch 4 & 5 + News + Movies + Kids  
+ Music + Sports + Many others + Radio  
Get 350 TV channels & 200 Radio stations **FREE**

Terrestrial Digital ( Portuguese channels ) **FREE**  
Cable TV ( Movies + Sports + Knowledge + Kids  
+ News + Series + Adult + Video on Demand )  
VCR, DVD HD, Internet ( Broadband )  
Audio ( Hi-Fi, Background Sound, Home Cinema )  
CCTV, Intercoms, Domotics

High-quality systems installed by qualified engineers  
Installations and technical support within 24hrs  
( a 3-Year Guarantee )

Tel: 964890260 Email: [skynet@live.com.pt](mailto:skynet@live.com.pt)

## GATE AUTOMATION

### Installations & Servicing

Fully qualified engineer on all types of  
automated gates & garage doors  
Mobile welding service also available

Neil 961 826 968

[gate\\_automation@hotmail.com](mailto:gate_automation@hotmail.com)

## COOKS BUILDING CONTRACTORS



Extensions, Renovations,  
Roofing, Tiling, Kitchens,  
Diggers, Dumpers,  
Groundworks etc.  
All types of building  
works undertaken.  
Based in Carvoeiro.

Call 282 357 433 or 918 723 831

## PLANTEC

PAINTING • INSULATION  
REFURBISHMENTS

OSIMAR GONÇALVES

964 887 501 / 926 980 863

[PLANTECC9@GMAIL.COM](mailto:PLANTECC9@GMAIL.COM)

[WWW.TECPLAN.PT.VC](http://WWW.TECPLAN.PT.VC)

FREE QUOTES

URB. COPACABANA Nº7 • 8400-450 LAGOA

## Villa Gates

bespoke designs available.

For gates & railings.

Swimming pool security.

Stainless steel, inox & Aluminium

welding service available

Internal/External concertina

security gates Call Andy: 912 642 477

### The Algarve Freight Centre

[www.algarvefreight.com](http://www.algarvefreight.com)

Weekly transport and removal service from UK to the ALGARVE

UK Tel: +44 (0)1268 523029 • Portugal Tel: +351 910752588

✓ removals ✓ storage ✓ freight

All major credit cards accepted

email: [info@algarvefreight.com](mailto:info@algarvefreight.com)

## ALGARVE REMOVALS

Relax, your move is in safe hands.

- Removals: weekly one box to full or part load service to and from UK and Portugal with optional full or part packing service
- Storage: warehouses in both the UK & the Algarve
- Shop online: at main high street stores and have items delivered the following week **Call us now for a FREE quote**

UK Tel: 0044 (0)1245 468888 Algarve Tel: 00351 289 513851  
Mob: 0044 (0)7711 179842 Mob: 00351 968019226

Email: [sales@algarveremovals.com](mailto:sales@algarveremovals.com) [www.algarveremovals.com](http://www.algarveremovals.com)

## U-STORE SELF STORAGE

- \* Individual locked units
- \* Daily access
- \* Dry and Clean
- \* For homes & business

\* Also storage for cars & caravans etc.

Urb. Industrial Marateca, lote 26 - Chinicato - 8600 LAGOS  
Tel / Fax: 282 798 490 - Telem: 917 010 365  
[www.u-store-portugal.com](http://www.u-store-portugal.com) • [info@u-store-portugal.com](mailto:info@u-store-portugal.com)

### Satellite TV in the Algarve !

Specialized in English, Dutch and German TV since 1988

Contact us at:  
282 410400  
[info@TV2029.com](mailto:info@TV2029.com)  
[www.MarcElectronica.com](http://www.MarcElectronica.com)

Marc Electronica Alcantal  
Av. Duarte Pacheco 51  
8135-104 Alcantal

Marc Electronica Portimão  
Sítio de poço seco Armazém 5 & 6  
Cardosas 8500-338, Portimão

### TV • AUDIO • TEC

#### SATELLITE & REPAIR SERVICES

sky digital CANAL DIGITAL SATELLITE ZON freesat

ENQUIRIES • BOOKINGS • HELPLINE  
SONY • DENON • LOEWE • YAMAHA

CALL. 911 055 134

## SECURITY

### Villa Watchmen

Our Villa Monitor System Lets You Control

- Who gets in and out
- When they have access
- How long they stay

Protecting Your Property with CCTV, Access Control and Intruder Alarms

<http://www.villawatchmen.eu> 9191 49900

To advertise, call our  
Sales Manager on 707 500 677



## Building Contractors

## PROJECT CASA

Almancil  
289 391 389

## Chartered Surveyor

## PROPERTY LYNX LDA

Ian Rostron BSc MRICS, Loulé  
965 099 409

## Culture

## FARO JEWISH HERITAGE CTR

Synagogue Museum  
Tel (Centre): 289 829 525

## Education

CLCC - CENTRE  
Language School, Portimão  
Tel: 282 430 250

## Exclusive Jewellery

## LEITAO &amp; IRMAO

Jewellers - Lisbon  
213 242 700

## Financial Services

## SOVEREIGN

For your fiscal representation  
Tel: 282 340 480

## BLEVINFRANKS

Tax and private wealth solutions  
Freephone: 800 813 303

## BLACKTOWER FINANCIAL

MANAGEMENT INTL. LTD.  
Financial Solutions  
Tel: 289 355 685

## ALEX PORTUGAL

Dutch stock broker  
Tel: 282 380 335

## JYSKE BANK (GIB) LTD

Private Banking  
Tel: +350 606 33322

## THOUSAND MARKETS LDA

Mortgage brokers  
Tel: 213 866 109

## O'NEILLS MORTGAGES

Independent Brokers  
Tel: 289 301 866

## Health &amp; Beauty

## HOPE FARM RETREAT

Addiction Treatment Retreat, Elvas  
268 688 097

## CENTRO ACTIVO

Health care & Mobility rehabilitation  
Tel/Fax: 282 422 104

## CENTRO AUDITIVO DE TAVIRA

Hearing Centre, Távira  
Tel: 289 090 663 / 913 796 640

## CRIS PISSENS DENTAL CLINIC

Albufeira  
Tel: 289 589 080

## CLÍNICA DENTÁRIA

Dra. Cristina Fernandes (Dental  
Clinic) Lagoa. Tel: 282 342 920

## D. CONCEPT CLINIC

Dental Clinic Lagos  
Tel: 282 763 496

## DENTAL SURGERY

Ma Partilha  
24hr call out Tel: 282 496 374

## DR. FRANCIS HALEY

Dental Surgeon, Cascais  
Tel: 214 863 012

## HAPPY FEET

Treatment of feet, Alvor  
Tel: 966 237 330

## MONTE DA PALHAGUEIRA

Retirement Village, Stº B. de Nexe  
Tel: 289 990 900

## PERFECT SMILE

Dental Clinic, Portimão  
Tel: 282 457 018

## Heating &amp; Cooling

## DOMUS HEATING

Underfloor heating, Boliqueime  
Tel: 289 322 852

## FIRES OF PORTUGAL

Wood burning & Gas Fires  
Tel: 289 489 958

## MISTER COOL

Lagoa  
Mob: 917 175 818

## SACL

Alcantariha  
Tel: 213 214 190

## House Renovations

## JENSEN PORTUGAL

Boliqueime  
Mob: 964 739 566

## Interiors

## ALGARVE CURTAINS

Curtains, cushions, bedcovers,  
Ferragudo  
Tel: 282 493 238 Mob: 964 677 699

## THE LINE STORE

Home textiles  
Tel: 282 760 770 Mob: 914 207 649

## BEDSPREADS FACTORY

OUTLET  
Soft furnishings, Lagoa  
Tel: 282 353 244

## BEDROOMS EXTRA

Beds, sofas & dining, Odiáxere  
Tel: 282 762 383.

## FURNITURE WORLD

Solid wood furniture, Chinicato  
Tel: 282 798 263

## HOME

Poolsan, Glass & Heatwafters, Lagoa  
Tel: 282 353 022

## IDEAL LIVING

Loulé  
Tel: 289 398 573

## LUZ DECOR

Interior Decor, Praia da Luz  
Tel: 282 789 849

## MÓVEIS MALHEIRO

Furnishings, Portimão  
Tel: 282 491 583

## SOLAMBIENTE

Enhance your home, Lagoa  
Tel: 282 340 520

## STYLE FURNISHINGS

English beds, Vale de Lousas  
Tel: 282 322 291

## Landscaping etc

## CANTEIROS DO SOL

Landscape gardens, Estoi  
Mob: 962 482 722

## HARVEYS OF LOULÉ

Garden Construction, Loulé  
Tel: 289 412 462

## NORMAN GROUNDWORKS

Gardening & landscaping  
Tel: 282 332 899

## Q GARDEN

EN125 Odiáxere  
Tel: 282 799 633

## Motoring

## TYRES R US

Repair, service & upholstery, Lagos  
Tel: 282 799 263

FOR FULL DETAILS,  
PLEASE SEE OUR  
MAIN ADVERT

## Office supplies

## AA PC SURGERY

Everything in English  
Tel: 707 940 332

## ALGARVE LAPTOPS

English laptops / PCs & support  
Tel: 282 312 044

## Opticians

## OPTICA ORBITA

Fashionable quality optician, Loulé  
Tel/Fax: 289 411 777

## Painting &amp; Decorating

## LITTLE &amp; LARGE

Professional painting  
Mob: 918 065 979

## TOFTS

Decorating & Painting  
Mob: 918 938 004

## Pets

## VIP VETERINARY SURGERY

Lagos  
Tel: 282 782 282

## Pools &amp; Building

## BUILD 4 U.

Construction etc.  
Mob: 919 356 749.

## DIGGER HIRE

Construction & land clearance  
Tel: 917 316 211

## IBERIA BLUE

Pools & Equipment  
Tel: 282 761 116

## JOÃO NUNES

Building your home  
Tel: 289 417 867

## LIMPALUZ

Swimming without chlorine  
Tel: 913 878 057

## MESTRE CONSTRUTIVO

Insulation, pools & construction  
Tel: 289 422 525

## POOL SAFETY FENCING

Mob: 919 892 518  
poolfencing@aol.co.uk

## PURE POOLS

Pools & Equipment, Lagos  
Tel: 282 760 033

## PURE POOLS

Pools & Equipment, Lagos  
Tel: 282 760 033

## ROCOCCO

Tiles, Barão de São João, Lagos  
Tel: 282 764 035

## SAL ÁGUA

Pool covers & equipment, Almancil  
Tel: 289 992 281

## SOLAR SAFE POOL COVERS

Most cost effective way of pool heating  
Tel: 963 346 631

## WALL2WALL CONSTRUCTION

Construction - Albufeira  
Tel: 289 508 075, 962 848 744

## Property Agents

## CARVOEIRO BRANCO

PROPERTIES  
Carvoeiro, Lagoa  
Tel: 961 270 354

## LAND &amp; HOUSES

Yellow Homes - Real Estate, Távira.  
Tel: 281 320 281

## ALGARVE MANTA

Properties, Manta Rota  
Tel: 281 952 820

## ALGARVE PROPERTY CENTRAL

Vilamoura  
Tel: 289 310 310

## ELLY VAN HULST

Between Loulé and S. Brás  
Tel: 289 842 992

## KASAS

Algarve Property - Vilamoura  
Tel: 289 310 310

## PALM PROPERTIES

Carvoeiro  
Tel: 282 352 100

## SORAIA SANTOS

Real estate, Vilamoura  
Mob: 962 014 793

## VILLAS LUZ LDA

São Martinho do Porto  
Tel: 282 989 452

## REMAX DIAMOND

Real Estate João Nunes, Lagos  
Tel: 282 770 140

## REMAX SMART

Boliqueime - Olhos de Água  
Mob: 962 191 421

## VENDAVILLA

Real Estate, Vilamoura  
Tel: 289 314 486

## SILVER HOLIDAYS

Real Estate, Vilamoura  
Tel: 289 314 312

## Property Services

## PORTUGAL AUCTIONS

Pro-active property marketing  
Tel: Morag 914 20 9965

## ACTION COMPLETE PEST

CONTROL  
Monarapacho  
Tel: 289 793 644

## PROFILIMPO

Drain Cleaning Specialist, Budens  
914 145 117

## PVC TECH

Lagoa  
Tel: 282 343 325

## CHEMDRY

Carpet & upholstery Cleaning, Loulé  
Tel: 289 092 624

## DIGGER HIRE

Building, land clearance etc.  
Tel: 917 316 211

## THE DRAIN DOCTOR

Plumbing & drainage 24 / 7  
Tel: 289 425 480

## GATE AUTOMATION

Installation & Servicing, Portugal  
Mob: 961 826 968

## GFS METALWORK

Gates, grills etc  
Tel: 282 449 270

## PROPERTY AUCTIONS

Market your property privately  
Tel: 936 191 682

## JJ ENTERPRISES

Pest control & artificial grass etc  
Mobile 967 516 981

## LLOYDS PROPERTY SERVICES

Professional property management  
Tel: 282 792 630

## ALGARVECARPENTER.COM

Quality, design, function  
Tel: 282 768 662

## DAVID WILSON

Construction - Fully Licensed  
Tel: 289 489 579

## SIMPLY SCREENS

Flyscreens & Mosquito canopies  
Tel: 282 763 428

FOR FULL DETAILS,  
PLEASE SEE OUR  
MAIN ADVERT

## THE DRAIN KING

Personal & professional  
Tel: 282 471 335 Mob: 918 647 305

## VILLA GATES

Manufacture & refurb  
Mob: 912 642 477

## RIMINI PROJECTS

Mob: 914 131 999  
Tel: +44 7746 712 863

## HOFHOUSE PORTUGAL

Construction Technology, Algoz  
Mob: 918 683 213

## Removals &amp; Delivery

## AIM

Removals & Storage  
Tel: 282 799 141

## ALGARVE REMOVALS

Tel UK: +44 (0) 1245 468 888  
Tel: 289 513 851

## FREIGHT SOLUTIONS

UK  
Tel: 0044 1268 287 979

## NEIL &amp; EMILY RICHARDSON

Távira  
Mob: 939 486 870 Tel: 281 963 191

## STORAGE

U-Store Self Storage, Chinicato  
Tel: 282 798 490 Mob: 917 010 365

## Retail &amp; Food

## COLLECTIONS

Ladies fashion, Alvor  
Tel: 282 476 574

## FI-LINE FASHIONS

Fashions, Armação de Pêra  
Tel: 282 312 936

## GARDEUR DIRECT

Clothing, Praia da Luz  
Tel: 282 788 630

## GUYS &amp; DOLLS

Kids Shoes & clothes, Almancil  
Tel: 289 358 014 933 326 471

## LET THE MAGIC IN

British supermarket, Algoz  
Tel: 282 575 061

## MA MAISON &amp; PICA PICA

BOUQUET  
Furniture & Fashion, Lagoa  
Tel: 282 381 468

## THOMAS GREEN

UK Goods - Olhos de Água, Albufeira  
Tel: 289 541 062

## Security

## VILLA WATCH-SECURITY

Vilamoura  
Tel: 289 380 428

## Satellite systems

## SOS DIGITAL

Satellite TV systems  
Tel: 916 378 722

## SKYNET

Satellite systems  
Tel: 964 890 260

## TV AUDIO TEC.

Satellite TV - Algarve  
Tel: 289 821 911

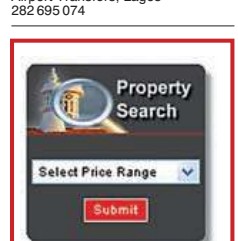
## MARC ELECTRONICA

Satellite, TV, Audio & Video,  
Portimão. Tel: 282 410 400

## Travel

## VIP CHAUFFEURS

Airport Transfers, Lagos  
282 695 074



Get a quick  
overview of  
properties  
available from  
our home page.  
Hundreds of  
properties to see,  
classified by  
Price Range  
**www.theportugal  
news.com**

## Lisbon

## OCEAN CHRISTIAN COMMUNITY -

International Spirit-filled Church serving  
the Linha de Cascais area. Main  
group bible studies meet regularly.  
Sunday worship with a contemporary  
style at the Hotel Sabaio, Rua  
Belmonte, No. 1, Estoril. Tel: 21  
9282019

## BAPTIST MISSION - Esqueira (Aveiro)

Traditional Baptist church service in  
English on Sunday at



## Alarms

### SPECIAL OFFER RESPONSE ALARMS

**Wireless Alarm System**  
Autodialer  
Multi Zone  
Remote Fob  
"Panic"  
**ONLY €495**  
Fully installed  
**918 987 093**  
paul-responsealarms  
@hotmail.com

## Announcements

**WOMEN'S RETREAT** Mystical Magic of the Mountains Monchique Algarve 30&31 July & 1 August. Movement, Art Expressions, Meditations & Stretch, Nature, Fun & Beauty. magicwoman@live.com.pt 962334723 - Gisela / 00351282912271 - Susie

**URGENT APPEAL** from Centre Algarve (24x7 Special Needs Holiday Trust) Reg Charity 1136059. We urgently need donations of unwanted Gardening and building tools. Do you have any tools or equipment lying around which we could use at our exciting new project? We are also desperate to loan a cement mixer or heavy duty trimmer/scrub cutter. If you can help in anyway please contact: Tom 962 812230 anytime (we can collect) www.centrealgarve.org

**MAN and LARGE** Van going to UK 12 July returning 21 July. Will transport anything legal. 282357837/ 919020249

**CANCER MEETINGS** Have you been affected by Cancer? Members of the women's cancer support group meet for advice or an informal chat on the first Wednesday of every month in Loulé. If you would like to join us, please contact Vi on 289 882 680 or 917962255.

**CASA - IS** a local social group established over 20 years ago. A friendly group who have a monthly newsletter and at least one activity per month, usually dinners at local venues. We have and annual trip to Spain or within Portugal, plus other activities. Open o everyone. For more information and a sample newsletter give Mary a call on 282 357 275.



**CAR BOOT SALE** held every 3<sup>rd</sup> Sunday of the month at 'Restaurant Quinta dos Areões', adjacent to the Veterinary clinic in Espiche. Stallholders pay from €3. All proceeds go to Rosco's Charity Association. Call Alfred on 91986955 or contact us on our website www.roscofoundation.org for more information.

**WEIGHTWISE** slimming group meets weekly in 3 locations & helps you to loose weight following a well known, successful weight loss program. Meetings details are as follows:

Tuesdays 10.30am - Browns Sports & Leisure Club, Vilamoura  
Wednesdays 11am-Mikki F Studio, Algoz  
Thursdays 10.30am-Restaurante As Aves, Ladeira do Vau, Portimão  
Thursdays 7.30pm-Mikki F Studio, Algoz. Cost is 20 euros per month or 6.50 euros per week. There is no joining fee. You can contact me on 939536347 or e mail wendyweightwise@yahoo.com for more details.

**LIONS CLUBE** of Loulé Summer Sale, Sunday 25th July 9.30am-12.00pm Centro Comunitário, Alcanil. Good quality clothes, linen, bric-a-brac, books and shoes at bargain prices. Donated items are always appreciated. Refreshments available. Free admission. More information tel. 289416659.

**ALBUFEIRA MARINA**  
Relaxing Atmosphere  
Caipirinhas/Mojitos/  
Margaritas  
Food served all day  
Tel: 289 516 130

## Bathrooms

Kitchens  
Bathrooms  
Plumbing  
Electrician  
Construction  
**ADRIAN STUART DIXON**  
21 Years experience in the Algarve  
Portuguese & English spoken  
References on request  
Tel 282 358 273  
965 275 774  
borboleta\_44@yahoo.co.uk

## Bureaucracy

**PAPERWORK, TRANSLATIONS** and all your bureaucracy needs dealt with.  
Sandra Eckert 282314158 or 968427829 or eckert\_sandra@hotmail.com

**TRANSLATIONS PERSONAL/LEGAL.** Many years experience, Tel/Fax: 282 484 776 Mobile 919 194 319 English / Portuguese / English.

**CHARLOTTE DIXON** offers Portuguese lessons Translations English / Portuguese Mob: 927 759 139.

www.theportugalnews.com

## Business Opportunities

**EUROPEAN FRANCHISE** opportunity, brand new products, direct from our factory, to the Algarve, agents required. For more details contact Tel: 0044 (0) 797655 4381 e-mail: trevorford53@yahoo.com

**ADVERTISE YOUR** Business, Product, or Event Free! www.TheAlgarveLink.com Business with Pleasure

## Caravans, Camping & Mobile homes



**CHEVROLET 10.90 MTR.** Diesel engine, all extra's. Technical info: V8 diesel, automatic, power steering, cruise control, tilt steering wheel, electr. Mirrors, tinted windows, drivers door, stereo CD radio + UBS, all around disc brakes (new), 8 new Michelin tyres, 3 axle, air suspension, air-condition, 70.000km. Dealer serviced. All invoices available. Sleeps 8 persons, open kitchen area, dining, lounge, 32 inch Philips LCD TV + Satellite (new), 220Volt quiet generator w/electric starter, electric steps, side door, 200 gallon (900ltr) fresh water, 100 gallon (450ltr) toilet holding tank, 50 gallon grey water tank, 3x heaters w/thermostat, 250ltr. Diesel tank, 100 ltr. Gas tank (fixed), air compressor on engine for air suspension, CB radio. 2x 150 amp house batteries w/ 3500 watt converter, double glazed windows, roof ladder, under floor lockers. Camper has present German registration. Very good condition. Private sale for health reason. T. 282 767 145 Mobile: 916 618 771 E-mail: al.johnson33@yahoo.com - Serious offers only.

## Catering

**HAVING A party** and do you have to cook? Barbecue, Spanish, Mexican and Indonesian food 965759889 www.algarvehomecooking.com

**LANGLEY HOG** Roasts - BBQ or DIY self serve Ph 912 501 752.

## Charities

**CAR BOOT** Sale held every 3<sup>rd</sup> Sunday of the month at 'Restaurant Quinta dos Areões', adjacent to the veterinary clinic, in Espiche. Stallholders pay €3. All proceeds to help abandoned animals. Call Michele on 919457 263 or Happyhounds@ mail.telepac.pt for info.

**WANTED:** The donkey sanctuary needs your unwanted furniture, clothes, books and bric-a-brac for our charity shops in Lagoa and Monte Carvoeiro, all proceeds to aid donkeys in distress. We will collect larger items. Call Nan Richardson 962 633 811, for details of our work for animal welfare. Please help.

www.theportugalnews.com

**THE NANDI** Animal Charity Shops/Lagos sell clothes, shoes, household goods, furniture, children's toys, videos and books. Your custom and donations of your unwanted items help us care for stray/abandoned animals. Help us help the animals! Information & directions, call 918575533.

**TAVIRA TREASURE** Charity Shop. Tavira Christian Centre, Av. Mateus Teixeira de Azevedo, 61A (Opposite Skippers Bar). Come and browse, Come and bring clothing, Bric-a-brac, Books. Open Wednesdays, 2.30-4.30 and Saturdays 10.30-12.30. Phone 917872559/ 913617991 for further details. Volunteers needed so we can open more frequently.

**CHARITY BOOK** Sale & Coffee Morning. 2,000 nearly new paperbacks at 60c. each. All proceeds in aid of The Boy's Home in Faro. Friendly atmosphere in pleasant surroundings. Every Friday from 10am to 12 noon, in the Village Hall, Monte da Palhaqueira, Gorgões, Sta. Barbara de Nexe. Info. Tel: 289 990 901.

**ALBUFEIRA ABA** Charity shop, 41D Avenida do Ténis, open Tuesday to Saturday 10h30 until 2pm. (next door to the Galeano Bar) on the road that leads to the Marina, from the dual carriage-way. We are an independent charity, using the income from the shop for neutering animals. Please help us by donating items for sale.

**APAA CHARITY** Shops. Cerro Grande, Albufeira, Monday to Saturday 10.30 am to 2pm; Dunas do Alvor, Tuesday to Sunday 10.30am to 2pm; Rua da Mesquita, Silves, Tuesday to Saturday 10.00am to 2pm. Good quality clothes, books, jigsaws, bric-a-brac, etc. Stock and new volunteers always welcome. Help us to help abandoned dogs and cats.

**CHARITY SHOP**, Montechoro, Albufeira (behind chemist's) needs volunteers to help in the shop. Please ring Lesley: 962 414 584

**DO YOU** have some spare time? Would you like to make new friends and help animals, too? Become a volunteer for the Nandi Animal Charity Shops in Lagos. Most volunteers work one half-day a week. Join us! We are a friendly group and we need you! For more information, call Susan at 918575533.

## Education

**LEARN PORTUGUESE!** Enjoyable 10-day beginners group course starts 19 July. Individual lessons: 2 students studying together pay for 1. Centro de Linguas de Lagos. Call 282761070. Email info@centrodelinguas.com.

**Place you advert online at** www.theportugalnews.com for a 10% discount

## Entertainment & Leisure

### DAVID HAINES ARTIST GALLERY

**D. Pedro 1º square LOULÉ**  
opp. Municipal Arte Gallery

Tel.: 968 290 627  
www.wdjhainesartistlip3.com  
**DROP OFF POINT** for Pirilampas Orphanage



**Sherry's Seashells**  
Hand decorated wedding accessories and gifts.  
sherryseashells@world.net.pt  
Tel. 912759461



## For Sale Private

**WOODEN VIDEO** display cabinet complete with video player and 150 various children and adult videos - 300 euros ono. Tel: 964155628

**HOT TUB**, 4-seater (inc. lounge) w/ cover + cover stand. 2 years old, VGC. Buyer collects. Photos available by email. 4000€ nicktelling@gmail.com 934491320

**SWIMMING POOL** - 3m diameter above ground. Galvanised steel frame. Unused. €350 Tel: 262978176 (Silver Coast)

**SUPER SALE** of plants trees, pots, and ornate wrought iron stands eg. 2 Magnolia trees in matching large pots, 2 mtrs. €95 each. - 58 items in all, from €5. Plus household items eg. SOFA BED 3 seater, metal frame Cream/Ivory €75. Matching arm chair €30. SOFA modern, 2 seater ivory damask. €50 Electrolux Fridge full size 386 ltrs. brushed steel €300 Bosch Freezer counter height €100. Please call 289 358535

**NEWLY RENOVATED** T1 apartment, Vila Rosa Resort, Portimão/Praia da Rocha. Ground Floor. Private parking. Good weekly prices. Sale: €115,000. For more information: 914 313 827 / email: vilasoaapartment@hotmail.com

## Health & Beauty

**ENGLISH HAIRDRESSER!** Cabelo - Hairstudio Vilamoura - behind Hilton hotel). Good Prices! cut/ blowdry -25,00 colour-20,00... tel.289322285

**HAIRDRESSER NEEDED** if you are happy and competent and would like to work with a fantastic team and customers contact us 916952682 (Cascais)



**BEAUTY, MASSAGE & Holistic Therapies** Workshops/Diploma Courses Deodor Products \* Avon Representative Professional Treatments \* Quality Products \* Sensible Prices Carvoeiro \* Tel. 969 053 036

**ALGARVE COUNSELLING SERVICES** (Fonte Santa Nr. Quarteira) Caroline Sutton is a British Psychotherapist & Counsellor (ex-Priory Hosp UK/BACP Member). For a confidential appointment please call 289328308 or 919772812 or visit the website: www.algarvecounselling.com



## Heating & Cooling

**GLOBAL OHMEGA** Air conditioning & Heat pumps installation for all budgets. Contact Paul Whitworth Tlm 917812325

**DOMUS** ELECTRIC FLOOR HEATING

**The CHEAPEST way to heat your house**  
NO gas, NO oil, NO maintenance

www.domus-heating.com  
EN-125 Sitio Benfarras, N° 552-a Boliqueime Tel: 289 322 852 domusheating@mac.com

**PENGUIN** PENGUINAIRCON.COM

Air Conditioning Solar Heating Installation & Servicing

**SERVICE HOTLINE**  
**910 700 777**  
Tel 289 092 595 Fax 289 392 660 Email: info@penguinaircon.com

To place an advert  
Classified Hotline  
707 500 646



## Home Improvements

**WOODEN SHEDS,** Houses, Bungalows Playgrounds. See [www.jardimdeco.com](http://www.jardimdeco.com) or call (00351)282343645

**INTERIOR FINISHING** plaster & plasterboardworks, ceilings, tiles, floors, painting, brickwork free estimate, reasonable prices, call Dirk 911 184 178 [www.welldone.ws](http://www.welldone.ws)

**MASTERJOINER-JOINER** & General Maintenance. 20yrs+ fitting kitchens, floors, doors, decking, locks etc. Quality, reliable service, competitive prices! East & Central Algarve, 281 328648 -926615244 -masterjoiner@hotmail.co.uk

**THE ENGLISH** Carpenter; All aspects of carpentry + joinery, wall + floor tiling, painting interior & exterior. References Available. Call Terry 282492751/937845911

## Jobs Offered

**BUSY PROPERTY** management company in Albufeira requires management assistant to start immediately. Own reliable transport, English and Portuguese essential. Email CV to [howard@getaways.pt](mailto:howard@getaways.pt)

**OPTICAL ASSISTANTS** 2 Optical Assistants required for new Optico store opening in Lagos in August/September. Must speak English and Portuguese. Experience beneficial but not essential. Applicants must be outgoing and professional in manner. Duties will include pre-testing, dispensing glasses and reception work. Please send C.V. (Resume) to [suralibrian@hotmail.co.uk](mailto:suralibrian@hotmail.co.uk)

[www.theportugallnews.com](http://www.theportugallnews.com)

**WORLD TELECOM**  
Vacancy  
We are looking for an administrative secretary with experience in the Optimus back office program (360/AOW) to join our call centre team. Must speak English and Portuguese. Please contact World Telecom 707 500 600



**MARTINHAL**  
SAGRES - ALGARVE  
PROPERTY SALES CONSULTANT  
(M / F)

**Martinhal Beach Resort & Hotel located in Sagres - Algarve**  
**One of the finest luxury resorts in Europe - [www.martinhal.com](http://www.martinhal.com)**

### Profile:

- Proven track-record of selling preferably in Real Estate;
- Customer focused individual with drive and enthusiasm; self-starter personality; fun to work with;

### Package:

- Base salary plus performance bonus;

Interested candidates should send their CV to [recursoshumanos@martinhal.com](mailto:recursoshumanos@martinhal.com).

CV's received until 16th July 2010

*Please only apply if you have the exact skill-set that this advert requires. Please note that due to volume we cannot get back to everyone, however every application will be looked at and considered. If you have not heard back from us within two weeks you should assume your initial application has been unsuccessful.*

AlmaVerde prides itself on being a unique quality destination resort, with high consideration given to client, personnel and community well-being. We are now inviting applications for the following temporary positions:

### SNAGGER/HANDYMAN

The successful candidate will be responsible for some snagging and finishing as well as various villa maintenance, repair and redecoration works. **Candidates should have:**

Minimum 3 years' experience in construction finishing, snagging and/or general maintenance. High standards and good attention to detail. Full driving licence. Good spoken English.

### CLEANER

The successful candidate will be responsible for cleaning of villas and office areas. **Candidates should have:** Experience in cleaning. High standards and good attention to detail. Good spoken Portuguese. Some spoken English preferable.

**Candidates for both positions should live within reasonable travelling distance of Alma Verde.**

To apply, please send your C. V. to Kathy McLaughlan  
[kathy@almaverde.com](mailto:kathy@almaverde.com)

**AlmaVerde**  
VILLAGE & SPA  
Apartado 224 • 8601-928 Luz Lagos  
Tel. 282 697857 • Fax. 282 697856  
[www.almaverde.com](http://www.almaverde.com)

### OPTOMETRIST/ OPTOMETRISTA

A young dynamic optometrist is required for a new Optico Store opening in August/ September in Lagos. Must speak Portuguese and English. Excellent salary for the right applicant. Send C.V. (Resume) to [suralibrian@hotmail.co.uk](mailto:suralibrian@hotmail.co.uk)

### SECRETARY POSITION

available at professional health clinic for part time work with future possibility of full-time hours. Applicants must be fluent in both Portuguese and English. Please email CV to [info@lutzquiropratica.com](mailto:info@lutzquiropratica.com)

**RESPONSIBLE, RELIABLE,** gentleman offers his services. Villa sitting, driving, caring. Three languages. Tel. 968609606.

## Marine & Watersports

**ICC TRAINING & TESTING.** RYA Sail/ Motor Cruising & Powerboat courses. Tel: 965800702. Email: [martin.northey@mail.telepacpt](mailto:martin.northey@mail.telepacpt) [www.theiberianseaschool.com](http://www.theiberianseaschool.com)

Add a photo for more impact  
**B & W, 4cm wide: €10**  
**Colour, 4cm wide: €15**



**ENJOY SUMMER** to the max - kitesurfing, surfing, wakeboarding and rock climbing. [info@extremealgarve.com](mailto:info@extremealgarve.com) [www.extremealgarve.com](http://www.extremealgarve.com)



**MERCURY MERCUISER** Sports 5.68m. Immaculate condition, seats seven, trailer, extra equipment. 12 000 euros. Tel: 281 95 26 95 Tlm: 91 930 20 01



**DO YOU** love to waterski?? We have the boat, need skiers to join us, share fuel costs. Tel: 919359945



**SUMMER SWIM** courses, Monday, Wednesday and Friday mornings. Boavista Health Club, Lagos. Yvonne Fisher 917953914

## Miscellaneous

**MOBILE FASHION** Famous High Street clothing direct to your door. Have an evening of fun with friends AND receive a reward! For more info phone: 282 792 409 or email [cazzrae@yahoo.co.uk](mailto:cazzrae@yahoo.co.uk)

## Office, Media & Technology



**BlueChipIT**  
Ensuring your business IT works for YOU

Call 707 940 337  
Kurt Pardon  
IT Director

**BUSINESSWEBSITES** with Page 1 Google Rankings for every website we make comes as STANDARD. If we fail to get a Page 1 Google Ranking for your website with at least 10 Search Phrases/Keywords we give a FULL Refund. Ask any web Design Company if they will do the same! Global Web Com Ltd UK +44 2088167458 Portugal 966 495 945 [www.globalwebcom.co.uk](http://www.globalwebcom.co.uk) [www.yelltrader.net](http://www.yelltrader.net) we create quality web solutions since 1995



## COMPUTER TECHNICIAN

Qualified professional with over 20 years experience.

Trouble shooter, upgrade recommendations, tuition and networking. Hardware and software resale available. Wireless specialist. IT integration on building construction projects.

Tel: 282 094 093 / 918 411 488 or 962 719 488 [marcus@starworld.pt](mailto:marcus@starworld.pt)

**Broadband & Phone** via Satellite anywhere in Portugal

Visit our website for more info

[www.broadbandportugal.com](http://www.broadbandportugal.com)  
+44 (0)20 7183 0128

## Personal

**"POP-INS"** Mums and Toddlers Wednesday 9.45am to 12 midday Bring your babies and toddlers and come meet new friends in a safe and secure environment. Toys, activities, singing. Refreshments available. ICC Church Fellowship Rooms, Cedipraia, Portimão. For more information Tel Marina: 964 820 392

To place an advert  
Classified Hotline  
707 500 646

**Explorers & Climbers** Mother & toddler group meets every Thursday at 10am - 12.15pm.



Crafts, songs and lots of fun ... Where? Lagoa Christian Fellowship hall, Vale de Lousas, EN125, Alcantarilha. Refreshments available. Contact Laura for more details on 914 393 935.

## Mums & Tots



Tuesdays 10.00am-12.00 Meet friends, coffee, fun, playing, puppets. ICC Church Hall, Lagos. For further details on location of Church and Sunday services (with Kidz Klub) & other activities and available courses at International Community Church, see web site [www.icc-lagos.org](http://www.icc-lagos.org) or call 282 697 546 or 282 086 804.

**ALCOHOLICS ANONYMOUS** - Algarve. WEEKLY MEETINGS: Mon.: Portimão 7.30pm. Tues.: Almoncil 1.00pm; Almoncil 6.30pm (Men's meeting); Albufeira 8.00pm. Wed.: Almoncil 7.30pm. Thurs.: Pêra 7.30pm, Tel: 919005590; Tavira 7.30pm. Fri.: Almoncil 1.00pm; Portimão 7.30pm. Sat.: Almoncil 5.30pm. Call 919005 590, 10.00-7.30pm. Portuguese AA 917 483 478. GSO Lisbon AA Tel.: 217 162 969. We look forward to seeing you there.

## Pets



**PET PORTRAITS** by professional artist. Specialist in dog portraits. Oil paintings, charcoal drawings. Portrait requests from life or created from client's photos. [www.rfrstudio.com](http://www.rfrstudio.com) [inquiry@rfrstudio.com](mailto:inquiry@rfrstudio.com)



**\*The best in the Algarve**  
\*Door to door service  
\*Cattery legally authorised  
\*Authorization number: PT07003HFC1  
Tel.: 282 912 462  
Mobile 919 566 769  
[www.gatotel.com](http://www.gatotel.com)

[www.theportugallnews.com](http://www.theportugallnews.com)



## Pools & Gardens

**LINERS FOR** ponds and roofs from PVC, and Firestone EPDM, not effected by heat+UV, 20 years guarantee, black and olive green, directly from us.

Specialists for the work? We have these workers, More info: [www.hlnatur.com](http://www.hlnatur.com) Agenttel: 282995195

**QUALIFIED ENGLISH** horticulturist recommended throughout Algarve. Garden and pool maintenance to full landscaping. Simon 918939788.



### SPAS AND HOT TUBS

Pool Maintenance  
Synthetic Lawn  
Gazebos  
Saunas  
Decking  
[www.indulgence.pt](http://www.indulgence.pt)  
mobile :lan 913469013

[www.theportugalnews.com](http://www.theportugalnews.com)

## WELL LOCATED APARTMENT IN LAGOA

Top floor T3 on the outskirts of Lagoa, with views across the fields, while being a stone's throw from all facilities. Situated in a pretty, landscaped cul-de-sac, light and spacious lounge, 3 bedrooms, 2 bathrooms, kitchen and 2 balconies. Private Sale P.O.A.  
Call 282 343 652 / 282 352 547 or email: [mail@infinitespire.com](mailto:mail@infinitespire.com)



**ALENTEJO SÃO** Mamede natural park São Julião secluded 8 room, 9 ha property. Water, electric, telephone, many fruit trees. Beautiful views. Text telephone 969281320 e-mail: [fourabovezero@yahoo.com](mailto:fourabovezero@yahoo.com)

## UNIQUE SECLUDED BUT NOT ISOLATED

This spacious villa is situated between Vilamoura and the Hotel Alfamar where building is no longer allowed in a plot of half an acre, only two minutes walk to the sea. Three bedrooms and three bathrooms. 38m2 livingroom with woodburner, gas fired underfloor heating and air con. 13m pool & a garage. €350,000.

If you want to see details of these and many more properties plus hundreds of photos, visit our page [www.johnhillproperties.com](http://www.johnhillproperties.com) Contact John Hill Real Estate, Av. 5 de Outubro, No 20, 8135-101 Almancil. Tel.: 289 395 610 Fax: 289 397 212 Mobile: 917 238 517 Email: [info@johnhillproperties.com](mailto:info@johnhillproperties.com)

**ALL TYPES OF PROPERTIES WANTED** across the Algarve for clients looking to purchase. Contact Touchelle 918 864 444 or email [enquires@carnivalproperties.co.uk](mailto:enquires@carnivalproperties.co.uk)



**2 BED Bungalow**, rural Portugal. Newly built to a high standard. €49,950 may P/sex with motorhome. Tel: 917 016 170

**PROPERTY FOR SALE** throughout Central Portugal and Algarve. Honest Properties Portugal offer a wide range of properties to suit all budgets. For further information tel: 00 351 232 892 552 or visit our website [propertiesforsaleinportugal.com](http://propertiesforsaleinportugal.com)



**TUNES V3** Town house, equipped kitchen, swimming pool (salt treatment), BBQ, central vacuum, air conditioning, alarm, 10 mins to Albufeira, beaches and commercial centre. Price: € 210,000 (negotiable). Tel: 937 255 550 or 918 610 174

**BEST PROPERTY** value ever!! Rebuild in the heart of silves, with full PP for a T2 town house with 80 m2 of construction, plus patio. Priced to sell, reduced from 38 k € to 32 k€. please contact frank on 961101674.

**3-BED 2-BATH** duplex apartment w/ communal pool, balconies, satellite TV, Wi-Fi, within walking distance to beach/shops/restaurants in Carvoeiro Fully furnished. Excellent investment/family home 215.000€ 934491320 nicktelling@gmail.com



**SALEMA**, TWO BEDROOM apartment with stunning sea views. Walking distance to village and beach. €185,000. Nicola Wainer, tel. 913467021, email: [nicolawainer@luz-bay.com](mailto:nicolawainer@luz-bay.com). www.Luz-Bay.com. AMI 4067

**TAVIRA TOWNHOUSE** V4 near to town centre, quiet area, virtual tour [http://flash tours.i-spy360.com/3280\\_842/selfv2/](http://flash tours.i-spy360.com/3280_842/selfv2/) €355,000. 966510578 drckrwts@gmail.com

**VILAMOURA AREA** Detached spacious 3 bed villa w/pool & garage 288,000€ no offers no agents 915474199 Absolute Bargain!

**REFURB OPPORTUNITY** Almancil south. 3 bed villa w/ large pool & garage. can be extended. Sea view. Quality neighbourhood. 914574199

[www.algarvepropertyfinder.org](http://www.algarvepropertyfinder.org) The site with many **APARTMENTS** and **VILLAS** for sale

**SUPERB PLOT** on the prestigious Urbanization of Monte Judeu 5000m2 approved project 740m2 over looking orange groves 5mins Penina Golf 10mins Portimao tel 912261317

**FOR SALE** Bar, Lagos centre, licensed, equipped & furnished. 100,000 negotiable. Tel: 913 358 837, [ange\\_duncan@yahoo.co.uk](mailto:ange_duncan@yahoo.co.uk)

Add a photo to your advert for more impact:

B & W, 4cm wide: €10  
Colour, 4cm wide: €15

## Property Services & Building

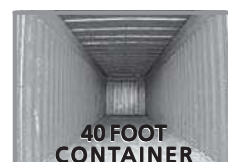
### CENTRAL ALGARVE

Cleaning/Maintenance Regular/one off/spring moving cleans. Gardening etc. Good Rates - excellent results. just ask Tina 910182920

**ENGLISH PLUMBER** boilers pumps filters etc all drain problems 916767680

**DOES YOUR** Property need painting or renovating do you need your property cared for whilst you are away?-All your property needs cared for!! Please call Chris or Richard on 917 487 990 or 927 749 469.

## Removals & Storage



### 40 FOOT CONTAINER

UK - ALGARVE - UK (N West) (Loulé) (N West)

\*Every 2 weeks  
\*Collections/Deliveries in UK, Portugal, 5 Spain  
\*Full Packaging service available  
\*Cars, Boats, Caravans, Mini Diggers welcome.  
\*Full Goods in Transit Insurance, no extra cost.  
\*Shipping - only €50 cu metre  
Please ring  
Malcolm 910410410 (Portugal) or Michael 07966930554 (UK) for full details  
[www.north-west-couriers.co.uk](http://www.north-west-couriers.co.uk)  
[www.deliveryportugal.co.uk](http://www.deliveryportugal.co.uk)

**REMOVAL LORRY** Leaving UK for Portugal next few weeks. Space available both ways, inc cars. Nick 934491320 nicktelling@gmail.com

**MAN WITH** van Santarém Tomar Coimbra Area regular UK trips call Bill 914576584 249382335 billjude@hotmail.com

**LARGE VAN** going back to England July - August. Anything legal taken including cats & dogs. Mobile 966 187 812

**MAN & VAN** at your service. House clearances removals. Call KEITH 966 511 282 or 281 963 151

**SK TRANSPORT** removals UK - Portugal - UK. Can transport pets. Large vans available. Quality service. Contact Kevin on 00447764764317, [www.sktransportremovals.co.uk](http://www.sktransportremovals.co.uk)

**MAN and VAN** at your service. UK-Portugal-Europe. Phone Paul 967414385/0044 7948072510 or e-mail: [mr.vantastic@hotmail.co.uk](mailto:mr.vantastic@hotmail.co.uk)

**MAN & VAN** removals & all kinds of transport only €15p/h, €0.35/km. Mob: 913 270 882. 910 419 147 / [tonn158@yahoo.com](mailto:tonn158@yahoo.com)

[www.theportugalnews.com](http://www.theportugalnews.com)

**Phoenix Transport.** UK/Portugal/UK. Local & international and Silver Coast. Door-to-door service. Removals & Storage. Also transport cats & dogs. 16 years Algarve. Call 966 187 812 or 967 225 357 or UK 0044 1482 213757 [valalvor@yahoo.co.uk](mailto:valalvor@yahoo.co.uk)

## Satellite

**TAVIRA SATELLITE TV** Services. BBC, ITV, 4&5 + Sky Digital. New systems, upgrades, repairs (pic breaking up etc.) 964721714 [www.trevortonix.com](http://www.trevortonix.com)

## ELECTROSOL SISTEMAS PARABOLICAS

For all your satellite system needs plus much more Based in Carvoeiro Tel.: 282 357 843

## Services offered

**KM MORTGAGES** and Insurance. We arrange all types of mortgage and insurance. Friendly personal service guaranteed. Please call 916272636 or 915693356

## SEWING MACHINE REPAIRS

all makes

## USED - €50

also new machines

E-mail: [markburgau@yahoo.co.uk](mailto:markburgau@yahoo.co.uk) 912 681 544 - 282 695 594

## PAINTER & DECORATOR

Clean, quick, reliable. Professional service at competitive price. INTERIOR & EXTERIOR Tel: 914 245 464 (Port) 914 122 898 (Eng) [freequotepainting@hotmail.com](mailto:freequotepainting@hotmail.com)

## ARE YOU AN EX-SPEEDFRAME CLIENT?

No need to worry about maintenance and service. Experienced ex-Speed Frame technicians with wide knowledge of this product available. Frames need a brief and inexpensive six monthly maintenance check to keep them working smoothly. Speed Frame is no longer in business in Portugal, but we can perform most repair and maintenance tasks. We can obtain many original parts, if needed to replace a window or door, we can obtain units of a matching design.

Call us for quick and efficient service at reasonable prices 969 410 952 916 184 148

## Property for Rent

### Villa owner?

Thinking of renting your VILLA ?

Please visit [www.cosmicvillas.net](http://www.cosmicvillas.net)

**ALMANCIL SOUTH.** Spacious 3 bed villa w/ large pool Very private by the week or month rental 914574199

**T1 CARVOEIRO** - Vale Centianes Beach-200m Sea View Fully Equiped gtn 13@hotmail.com 963601024

**FOR RENT** in Lagoa, 4 bedroom house, unfurnished, long rental. Tel: 962520062.

**LONG TERM** rental - 2 bedroom cottage between Silves and Messines. €500 per month plus water, electricity and logs. Tel: 965374440 or 282443413.

**Classified hotline** 707 500 646

**ONE BEDROOM** Apartment, well-equipped, excellent location, Holiday resort with access to pools and other amenities in Alvor. (400€ p/ month excluding bills). Email for photos at [alvorstudio@gmail.com](mailto:alvorstudio@gmail.com) or contact - 916 358 759 Tel: 965132103.

**CARVOEIRO T2** apartment, long let, quiet location, SKY TV, gardens, pool, parking, 5mins. beach. €500 p/month. Tel: 965132103.

**2 BEDROOM** Apartment, with shared pool, short term, weekly €150/monthly €600, Sesmarias, Carvoeiro. Tel. 914494296.

**2 BEDROOM** Villa, shared pool, garden, for about €1,000, Sesmarias, Carvoeiro. Tel. 914494296.

## Property for Sale

### Praia Del Rei - Óbidos Portugal

(Private to Private)

8000m² land with approved house construction of 380m², single storey, 1,5km from Golf Club, 3km from beach (main road). Views - Peniche Berlenga Island

Price: €250,000. Contacts: José Martins dos Santos Ph: (+351) 961177252 (+351) 936993107 E-mail: [jmms.ts@sapo.pt](mailto:jmms.ts@sapo.pt)

Beautiful semi-detached villa in Vilamoura, in private condominium with reception, swimming pool and security service. 4 bedrooms with en suite bathrooms, natural stone. Under floor heating, front and back patios. Totally refurbished.

Near the golf course, beach and marina. Price: €590,000. Mobile: +351 917 629 447. E-mail: [info@jc-properties.com](mailto:info@jc-properties.com)

**FARM** FOR sale in Viseu. 4 hectares, 5 bedrooms, barbecue, are, bar. A 200 year old restored chapel. Ferguson tractor and farm manager. Tel: 00351 912860197

**SEA FOOD** restaurant and pub (cervejaria) for sale in Sines. Good clientele. Price negotiable. Tel: 00351 912860197







# President concludes Cape Verde visit

Portuguese President Cavaco Silva focused on the "economy of the seas" and the shared opportunities it offers for both Portugal and Cape Verde as he wrapped up a four-day visit to the West African nation on Wednesday.

Cavaco Silva elected the seas as a major topic in his official visit to Cape Verde, stating this is an area where "great room for improvement" in bilateral cooperation exists.

"Portugal and Cape Verde possess plentiful resources, with enormous potential, in its seas. A future vision for our cooperation will necessarily imply taking greater advantage of the Cape Verdean sea cluster, a consequence of its island status and geographic position on the South Atlantic routes", Cavaco Silva said on Tuesday. "I believe [Portuguese] businessmen could profit from this to utilize Cape Verde as a platform to access other markets and regions."

The Portuguese President also said that the Community of Portuguese Language Countries (CPLP), of which both nations are members, must "increase its activity, so that books written and knowledge produced in each and every one of our nations may reach the entire Portuguese-speaking universe".

Earlier this week, Foreign Minister Luis Amado said Por-

tugal's relationship with Cape Verde is excellent and will now enter a "new stage", during the celebrations of the 35th anniversary of the West African nation's independence.

"Cape Verde had a unique trajectory" among former Portuguese colonies, Minister Amado said. "It has lived without civil war in the last decades, which some of its CPLP partners have not, and its economic development and the maturity of its democratic political process have facilitated agreements in economic, social and cultural areas."

Luis Amado was part of President Cavaco Silva's delegation on a four-day visit to Cape Verde.

Also speaking at the anniversary ceremony, Cape Verdean José Maria Neves stated that his country has become a "winning nation" in three and a half decades of independence.

"It has been worth it. Cape Verde was an unlikely country in 1975. Now, it is a viable nation, the pride of all Cape Verdeans. We are a winning nation, one of the few African ones able to thrive after independence." *TPN/Lusa.*



President Cavaco Silva greets people during his visit to Cidade do Mindelo in Cape Verde on July 7th. (Photo: Lusa / João Relvas)

# MEPs back Iceland's EU membership bid

The prospect of Iceland becoming a new EU Member State has been welcomed in a resolution adopted on Wednesday by the European Parliament.

The controversy of repayments to British and Dutch governments following the collapse of Icelandic banks needs to be resolved "bilaterally", added the resolution.

MEPs endorsed the decision by EU leaders on 17 June to open membership talks with Iceland, which submitted its application in July 2009. At the same time, the EU Parliament asks Iceland to cease all whaling which is in contradiction with EU laws.

The reservations the country has lodged with the International Whaling Commission should also be dropped, says the resolution, which was adopted by show of hands.

Iceland's accession would allow the EU to play a more active role in the Arctic Region, said the resolution drafted by Cristian Dan Preda, which underlines the country's "strong democratic culture". Iceland is already part of the Schengen zone and a member of NATO and has had a free-trade agreement with the EU since 1973.

On the Icesave bank issue, MEPs recalled that Iceland is obliged to ensure payment of the minimum compensation to Icesave depositors in the United

Kingdom and the Netherlands, as the EFTA Surveillance Authority said in its letter of formal notice of 26 May. In a referendum on March 6, Iceland's voters vetoed a repayment plan following the collapse of Icesave.

MEPs also point out that although, as a member of the European Economic Area, Iceland complies with most EU laws (notably single market legislation), it still needs to reform substantially the organisation and functioning of its financial supervisory system - "the key institutional weaknesses of the country's economy" - and the way judges, prosecutors and supreme judicial authorities are appointed.

The policy areas that will have to be fully negotiated with Iceland are agriculture, fisheries, taxation, economic and monetary policy and external relations.

Public support in Iceland for EU membership has declined since the summer of 2009, points out the resolution. MEPs have asked the Icelandic authorities to initiate a public debate to address the concerns of Icelandic citizens regarding EU membership.

**TERMOFLUX**  
ENGENHARIA E CERTIFICAÇÃO ENERGÉTICA

www.termoflux.com

www.certificacao-energetica.pt

**ENGINEERING DESIGN**

**CONSTRUCTION**

**REHABILITATION**

**ENERGY CERTIFICATION**

**ACOUSTIC CERTIFICATION**

**PROPERTY SURVEY**

**HVAC**

**RENEWABLE ENERGIES**

**SOLAR ENERGY**

**Is it too warm?**

**Air conditioning - installation and maintenance**

**CALL US**

**707 919 782**

**CONTACTS**

info@termoflux.com

914 029 805 | 918 048 924

**ALMANCIL**

Av. Eng. Duarte Pacheco, Edif. Almacil, Loja 234

8135-104 Almacil

**LAGOS**

Urb. Industrial Marateca, Lote 14, Loja J

8600-314 Lagos



# The world's most expensive baby?

Sherry Hughes



When Cristiano Ronaldo announced last weekend on his Facebook and Twitter pages that he had recently fathered a child he surely must have realised the immense speculation it would trigger around the world.

"It is with great joy and emotion that I inform I have recently become father to a baby boy," Ronaldo said on his Facebook page. "As agreed with the baby's mother, who prefers to have her identity kept confidential, my son will be under my exclusive guardianship."

"No further information will be provided on this subject and I request everyone to fully respect my right to privacy (and that of the child) at least on issues as personal as these are," he wrote.

There must have been many a hack who nearly fell off their chair when they read that. After all it is not exactly your run-of-the-mill birth announcement, in fact it raises far more questions than it answers. And as for the conspiracy theorists – they must have been beside themselves.

But within hours Ronaldo's agent Gestifute confirmed the announcement in the U.K.'s Daily Mail, saying only, "Yes, it's true. We make no further comment."

And so the rumour mill began turning ...

Portuguese newspaper Diário de Notícias has claimed the baby was conceived with a surrogate mother at the end of last summer in San Diego, America, where the Real Madrid star had been on holiday.

The latest rumours claim that the world's most expensive footballer, 25, paid nearly \$20 million (£15,825,000) to the mother of his son to gain all rights to the child and for her to remain silent over the process.

Cristiano flew into Newark International Airport, USA last Saturday, having previously flown from South Africa, returning to Portugal after the national team failed to make it beyond the final 16 at this year's World Cup, which he said had left him "broken hearted".

During last week he met up with his current girlfriend Russian model Irina Shayk, 24, who lives in New York, staying however in a hotel whilst there. Presumably he had some explaining to do, but he also has business interests in America, and there may have been legal documentation regarding the child he had to



Cristiano Ronaldo reacts during the FIFA 2010 World Cup round between Portugal and Spain at the Green Point stadium in Cape Town on June 29th. (Photo: Lusa Estela Silva)

attend to in person.

The child is now said to be in the care of his family in Vilamoura, including his mother Dolores. Reportedly the footballer's younger sister Katia Aveiro, speaking at the house in which the family are staying, said the baby - born weighing 9lb

8oz (4.3kg) on June 17 - had made her brother "very happy".

It is well documented that Cristiano has always wanted children and is very close to his nieces and nephews, and in a recent interview the star said that day might come "sooner rather than later".

Interestingly his statement on Facebook said: "The baby's mother (...) prefers to have her identity kept confidential", and "my son will be under my exclusive guardianship", which could indicate that she herself has a high profile, but also just because he has exclusive guardianship does not mean necessarily that the mother will not be given access

to her son.

The baby boy was conceived around the middle of September last year, when Ronaldo was already playing for Real Madrid in Spain, which limits the possibilities as to who the likely mother is, although there is one online betting website which actually lists a number of ex-girlfriends and their odds.

## Sporting captain 'defects' to FC Porto

Portuguese football star João Moutinho started training with his new teammates at FC Porto on Monday after an €11 million transfer from Sporting, an unusual deal between two of Portugal's 'big three' football clubs.

João Moutinho, 23, is considered one of the brightest young midfielders in the Portuguese game and his exclusion from the Portuguese World Cup squad was one of the big surprises of Carlos Queiroz's selections. Transfers to England's Everton and Italy's Roma had been rumoured in the last few years, but never came to be, though his apparent insistence to move to Goodison Park reportedly soured his relationship with the Lisbon club's hierarchy.

The Portimão-born player was a usual fixture at the national side but, after a lacklustre

season, however, he was not called to play for Portugal in the 2010 World Cup.

FC Porto paid €10 million in the deal, and also sent centre-back Nuno André Coelho to Sporting, who is valued at €1 million.

The transfer between the two rivals is unusual in Portugal, where the "big three" seldom deal players among themselves.

Moutinho's transfer is considered especially surprising since he was team captain at Sporting and one of the most beloved players of the club's fans. TPN/Lusa

## Greece picks Portuguese manager Fernando Santos as new national manager

Portuguese manager Fernando Santos told Lusa News Agency on Friday that being appointed as Greece's national soccer squad head coach is "a great honour" and promised to throw himself "body and soul" into the job.

Greece was ousted from the World Cup earlier this month, after losing two out of three games in its group. German Otto Rehhagel, who has managed Greece since 2002 and sensationally led the team to a Euro 2004 victory, stepped down after the South African tournament.

Fernando Santos, 55, has managed Portugal's three largest clubs, FC Porto, Sporting and Benfica. He won a national title with FC Porto.

He also has great experience in Greek football, having managed AEK Athens, Panathinaikos and PAOK Thessaloniki. TPN/Lusa

## Portugal at your fingertips!



Portugal-info has been active since 1997 and is a unique network where browsers can find everything they need to know about Portugal. Portugal-info is all about business. If you need more, you need to be included in the network.



Portugal-info  
informing the  
world about  
Portugal

Find out how little it costs to buy so much exposure:  
info@portugal-info.net  
or 282 423 770  
Also see details by visiting  
www.algarve-ws



All properties on web site  
Carvoeiro: 282 354 165  
Silves: 282 441 237  
Lagoa/Poço Partido:  
282 352 100  
AMI 6105  
www.algarve-palm.com